

# Middle School-Central

# Track & Field

# Team Calendar

- Athletes will need to purchase a uniform t-shirt and provide their own black or royal blue shorts for our meet uniforms.
- Wear RUNNING shoes -- shoes with good heel cushion and a toe area that curves up. IF you own track spikes (not required), they are only worn for racing/jumping, so always have running shoes for our team workouts.
- Dress for the weather, in layers. There are times you will be standing around waiting for your turn to run – make sure you have clothing that will keep your muscles warm if the weather is cold.
- If the weather is bad, we will still hold practice, we have multiple indoor options.
- Bring your own water in a marked container – no sharing.
- Bring your school bag to practice, you will not go back into the building after practice or meets.
- Please have parents pick you up from the MS-C parking lot near the tennis courts – we will exit the track at the scheduled end-time.

## APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
	Join/Practice 3:15-4:45 online store OPEN!	Join/Practice 3:15-4:45	No Practice (early release)	(No new members) Practice 3:15-4:45	Practice 3:15-4:45	
13	14	15	16	17	18	19
	Practice 3:15-4:45 <b>LAST DAY TO ORDER UNIFORM</b>	Practice 3:15-4:45	No Practice (Early Release)	Practice 3:15-4:45	no school NO Practice	
20	21	22	23	24	25	26
	Practice 3:15-4:45	Practice 3:15-4:45	No Practice (Early Release)	First meet @ algonquin	PICTURE DAY Practice 3:15-4:45	
27	28 meet @ wyandot	29 practice 3:15-4:45	30 home meet vs AB North			

Coach Nielubowicz (girls coach)- [nielubr@lc-ps.org](mailto:nielubr@lc-ps.org) Coach Chalk (boys Coach) - [chalkev@lc-ps.org](mailto:chalkev@lc-ps.org) Coach Gulecki (boys coach) - [gulecjo@lc-ps.org](mailto:gulecjo@lc-ps.org)

For UPDATES join the MSC-Track REMIND: [www.remind.com/join/trackmsc](http://www.remind.com/join/trackmsc) or text @trackmsc to 81010

Online Calendar: <http://bit.ly/trackcal2024>

Updated 02/25/2025

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ONLINE STORE -- Order uniform shirt and fan gear: [lcctrack.spiritsale.com](http://lcctrack.spiritsale.com)

## FOR MEETS:

- UNIFORM: Wear your uniform t-shirt and SOLID royal blue or black shorts. (Same shirt for both home and away meets.)
- If you wear a long-sleeved shirt or compression pants/leggings under your uniform, it must be SOLID BLACK only.
- Athletes are bussed TO away meets, they will need transportation home.

## MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Practice 3:15-4:45	No practice	
4	5	6	7	8	9	10
	Meet @ LC-east	Practice 3:15-4:45	no school Meet @ new haven	Practice 3:15-4:45	No practice	
11	12	13	14	15	16	17
	home Meet vs LC south	Practice 3:15-4:45	home Meet vs seneca	LAST Practice 3:15-4:45	No practice	
18	19	20	21	22	23	24
	home Meet vs lc north					

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