

Track and Field Practice Schedule

Gremlin - Tuesday and Thursday
Bantam - Monday, Tuesday, and Thursday
Midget, Youth, & Intermediate - Monday, Wednesday, and Thursday
Distance - Monday, Wednesday and Thursday
Hurdles - Tuesday and Thursday
Long Jump - Tuesday and Wednesday
High Jump - Tuesday and Thursday
Shot Put - Monday and Thursday
All Divisions – Saturday (until the first Saturday competition meet)

**All weekday practices are in the evenings from 6:00 p.m. to 7:30 p.m.
Saturday morning practices from 9:00 a.m. to 10:30 a.m. prior to the first Saturday
competition meet.**

Athletes should be brought to practice 10 minutes before starting time and be picked up promptly after practice ends. Gremlin parents should be on the premises at all times. An administrator or coach will wait with the athlete until the parent arrives. It is however, unfair to the athlete and the coach to wait long for the parent, so please arrive at least 15 minutes before practice ends.

In the interest of safety, PARENTS ARE NOT ALLOWED TO ENTER THE TRACK AREA. Although we support and encourage our parents to run or walk, we must control (as much as possible) the area where our children are running and practicing.

Where

Weekday Practices: Granada Hills Charter High School – Track; 10535 Zelzah Ave., Granada Hills 91344

(South of Chatsworth, North of Devonshire)

Saturday Practices: Notre Dame High School – Track: 13645 Riverside Dr., Sherman Oaks 91423 (**with the exception of Saturday, March 17th TBD**)

What to Wear

A good pair of running shoes, a pair of shorts, and a t-shirt or running shirt. Warm ups should be brought to wear after practice and/or during inclement weather. Uniforms are not to be worn at practice. (Please bring a bottle of water to each practice)

How to Act

All athletes, parents, and coaches are expected to display acceptable behavior at all times. Physical or verbal abuse will not be tolerated under any circumstances.

Rain?

Any updates to the practice schedule will be posted to the banner page of the website and/or sent via an email from the Northridge Pacer website.