



# Zeeland MS TRACK PARENT LIST

## Clothes

- \_\_\_\_\_ Shorts & T-Shirt
- \_\_\_\_\_ Sweatshirt and Sweatpants
- \_\_\_\_\_ Running Shoes (Practice)
- \_\_\_\_\_ Track Spikes for meets (Optional)

## Parent Checklist

- \_\_\_\_\_ Be on Final Forms
- \_\_\_\_\_ Picture Day April 12
- \_\_\_\_\_ **Jersey Order Form \$8.50**
- \_\_\_\_\_ Download Calendar and Significant dates
- \_\_\_\_\_ First Day of practice is at cityside. Creeksider's make sure to take the bus after school. They will let you know the bus on the announcements.
- \_\_\_\_\_ Rest of Practices at Stadium. Citysiders take bus to East and walk over, Creekside walks.

## Notes:

1. If jersey order form and picture form are not on final forms, we will hand them to your kids at practice.
2. Track spikes are optional but recommended

# Zeeland MS Track & Field

## Significant Dates

Day/Month	Date	
Mon, March	19	<b>First Practice- Indoors at Cityside Gym</b> *Creekside will bus over *Rest of season the practice will be at the stadium
Tuesday, March	20	<b>Second Practice, at Stadium</b> *Rest of season the practice will be at the stadium *Cityside will bus over to east and walk to the stadium *Creekside walks from their school
March 29- April 6		<b>Spring Break No Practice</b>
Wed, April.	11	<b>Home Meet: Holland Christian</b>
Thur, April	12	<b>PICTURE DAY</b>
Mon, April.	16	<b>Meet @ Reeths Puffer</b>  <b>Address: 1545 Roberts Rd, Muskegon MI 49445</b>
Wed, April.	18	<b>Home Meet: Muskegon</b>
Mon, April.	23	<b>Meet @ Mona Shores</b>  <b>Address: 1121 Seminole Rd, Muskegon MI 49441</b>
Tue, May	1	<b>Home Meet: West Ottawa</b>
Wed, May	2	<b>Meet @ Hamilton</b>  <b>Address: 4911 136<sup>th</sup> Ave, Hamilton MI 49423</b>
Mon, May	7	<b>Home Meet: Grand Haven</b>
Wed/Thur, May	9,10	<b>No practice Tulip Time</b>  *Practice on Friday
Mon, May	14	<b>Meet @ Holland</b>

		<b>Address: 600 Van Raalte Ave, Holland, MI 49423</b>
Tue, May	15	<b>Last day of practice for students not running at the Zeeland Relays or Conference</b> <b>*Students are still welcome to practice with us even if they didn't make the Conference team.</b>
Wed, May	16	<b>Zeeland Relays</b>
Mon, May	21	<b>Boys Conference Meet @ Hamilton</b> <b>Address: 4911 136<sup>th</sup> Ave, Hamilton MI 49423</b>
Tue, May	22	<b>Girls Conference Meet @ Reeths Puffer</b> <b>Address: 1545 Roberts Rd, Muskegon MI 49445</b>

**March 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
18	19 First Day of Practice is at cityside gym  3-5pm	20 Practice 3:05-4:45pm  Practice at the stadium for rest of season	21 Practice 3:05-4:45pm	22 Practice 3:05-4:45pm	23 Practice 3:05-4:05pm	24
25	26 Practice 3:05-4:45pm	27 Practice 3:05-4:45pm	28 Practice 3:05-4:45pm	29 SPRING BREAK NO PRACTICE	30 SPRING BREAK NO PRACTICE	Notes:

**April 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK	5 SPRING BREAK	6 SPRING BREAK	7
8	9 Practice 3:05-4:45pm	10 Practice 3:05-4:45pm	11 Home: HC	12 Practice 3:05-4:45pm PICTURE DAY	13 Practice 3:05-4:05pm	14
15	16 @ Reeths Puffer 1545 Roberts Rd, Muskegon MI 49445	17 Practice 3:05-4:45pm	18 Home: Muskegon	19 Practice 3:05-4:45pm	20 Practice 3:05-4:05pm	21
22	23 @ Mona Shores 1121 Seminole Rd Muskegon MI 49441	24 Practice 3:05-4:45pm	25 Practice 3:05-4:45pm	26 Practice 3:05-4:45pm	27 Practice 3:05-4:05pm	

**May 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Practice 3:05-4:45pm	1 Home: West Ottawa	2 @ Hamilton 4911 136th Ave Hamilton MI 49423	3 Practice 3:05-4:45pm	4 Practice 3:05-4:05pm	5
6	7 Home: Grand Haven	8 Practice 3:05-4:45pm	9 Tulip Time: No Practice	10 Tulip Time: No Practice	11 Practice 3:05-4:05pm	12
13	14 @ Holland 600 Van Raalte Ave Holland MI 49423	15 Practice 3:05-4:45pm	16 ZEELAND RELAYS	17 Practice 3:05-4:45pm	18 Practice 3:05-4:05pm	19
20	21 CONF MEET @ Hamilton Girls Practice 3:05-4:05	22 GIRLS CONF @ REETHS PUFFER	23	24	25	26
27	28	29	30	Notes: @ Hamilton 4911 136th Ave Hamilton MI 49423 @ Holland 600 Van Raalte Ave Holland MI 49423 @ Reeths Puffer 1545 Roberts Rd, Muskegon MI 49445		