



## Get Excited about Track & Field!

The SKDS Track & Field season is upon us. We encourage you to experience the opportunity to be part of an individual sport as much as it is a team sport.

Consider joining your SKDS Track & Field team even if you can only be partially involved. At this level, it is the one season in your life where partial involvement due to other conflicts is okay. Later, in high school, it will be expected that you fully commit, or not. So, *try it on*, as we like to say! You might be surprised at your performance and how much you really enjoy track & field.

- A great opportunity to make memories with your classmates
- Compete individually and as a team
- Challenge yourself and strengthen your perseverance and resolve. You will become a stronger leader and a better person overall.
- It's spring time—get outdoors and be active!
- With Track & Field, you always get equal participation and playing time—that's totally up to you!

Become a SKDS Track & Field team member even if you've never participated before;

- You don't need years of training to be competitive.
- Anyone can do this sport. There are running events, throwing events, and jumping events. You don't have to do all three types of events
- You don't have to be the best to have a spot on the team. The only person you need to compete against is yourself.
- The season is short. We practice two days a week, (Mon. and Wed.) at the BDHS track NE side, from 5-6:30 starting in April. There are 4 - 6 meets; four being on Saturdays.
- No need for special or costly equipment. A good pair of shoes and a pair of black shorts is all that is needed.

If you are interested in joining bring your mom/dad/guardian to a parent's meeting Wednesday, March 22 at 6:30 in the SKDS gym.

Any questions or concerns please contact Paul White (920) 382-9364 or Ken Kremsreiter (920) 219-1618.