

OUR

LADY OF SORROWS SCHOOL



In Faith and Love we build Christian Community

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To: OLS Middle Distance Track Participants
From: Mr. Balletta and Mrs. Woodman
Date: May 6, 2024
RE: Middle Distance Track Practice Schedule

Dear Parents/Guardians,

Here are the **MIDDLE DISTANCE** track practices for the next few weeks:

- **Tuesday May 14th - 12:00-12:45 - LUNCH PRACTICE**
- **Thursday May 16th - 12:00 - 12:45 - LUNCH PRACTICE (No Gr. 7s)**
- **Tuesday May 21st - 3:00 - 4:00 pm - AFTER SCHOOL**
 - We will bus the students to Empire Track
 - They will be back by 4:00 pm for pick up at the school
- **Thursday May 23rd - 12:00 - 12:45 - LUNCH PRACTICE (Gym)**
- **Tuesday May 28th - 12:00 – 12:45 - LUNCH PRACTICE (Gym)**
- **Thursday May 30th - 12:00 - 12:45 - LUNCH PRACTICE**
- **MONDAY June 3rd - 3:00 - 4:00 - AFTER SCHOOL**
 - We will bus the students to Empire Track
 - They will be back by 4:00 pm for pick up at the school
- **Thursday June 6th - 3:00 - 4:00 - LUNCH PRACTICE**

These changes do not impact students who participate in sprints, relays or field events. If your child is unable to attend the after school practices, please message Mrs. Woodman at the school (swoodman@myolosschool.com).

We appreciate your support for our track program.

Mr. Balletta and Mrs. Woodman