

Hi.... Track & Field team!

I hope everyone is doing well.

The challenge these days are finding the right balance to life. To relax, to work out, to remember the importance of staying in tune with your education, have some fun, enjoy your family, stay healthy & appreciate all the wonderful things life has to bring us!

Patience is not always an easy emotion to navigate from day to day.

Being hopeful of a bright future when we all can gather again.

For many of us the last day we had together was March 12th-we were so excited for the upcoming season. This hold on our season is a tough one to grasp; and has so many different meanings to the entire team. I was so looking forward to seeing our return athletes continue to shine on the track & in the field AND so excited about our large turnout of kids this season, nearly 140! Just getting to know all the newcomers to the team; and am excited to connect again.

Our website can give you ideas of ways to stay healthy-important to always follow directions of your parents!

“If you can believe it, the mind can achieve it!”

Stay safe, healthy & connected.

Have a great week!

Coach Erin