

# OTTAWA HILLS TRACK & FIELD

## LIFE IN THE FAST LANE

### FIRST PRACTICE:

Monday, March 11  
4:30-6:30 pm

- \*Regular practices: Monday - Friday
- \*Must have physical on file and \$10 insurance fee on the first day of practice



## ATHLETES ONLY MEETING

Wednesday, February 28

5:30 - 6:15 pm

*(Meet in the classroom by the gymnasium)*

- Meet the coaches and upper-classman
- Learn team rules and expectations



**Use QR code to sign up today!**

### For more information, contact:

Coach Tony Shellman at 517.414.6228

Coach Eunice Eyamba at 616.710.6404

Coach Dan Ebright (distance) at 616.608.2209 or [grtcdebright@yahoo.com](mailto:grtcdebright@yahoo.com)

Coach Lucas (throws) at [LucasJ@grps.org](mailto:LucasJ@grps.org)