



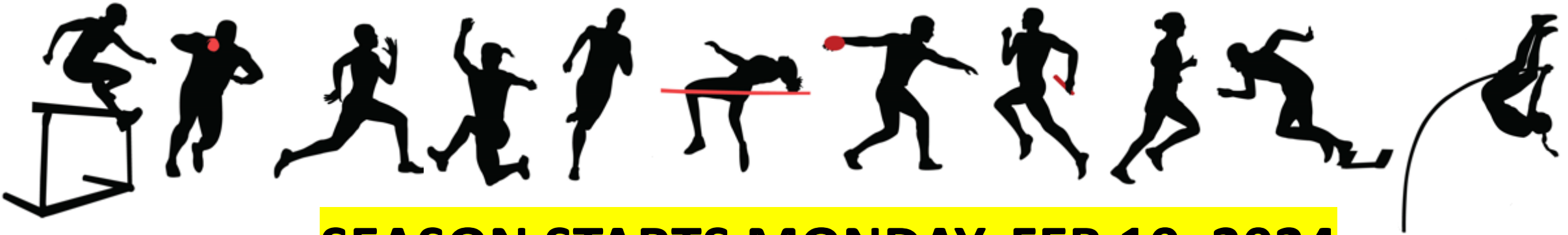
Join the MCHS 2025 Track & Field Team!

First Day of Practice is February 10th, 2025



For more info, see **Mrs. West**, room #D6 or contact MCHS Head XC/Track & Field Coach Greg Fogg (707) 291-2967 greg.fogg@comcast.net

Check out our MC Track Team website here www.mariacarrillorun.com



SEASON STARTS MONDAY, FEB 10, 2024

PRACTICE? We practice 5 days a week right after school, Mon-Tue-Thu-Fri 4-6, Wed 3:15-5:15

...**NEED FLEXIBILITY?** If you have another sport/club team commitment, Coaches work with you to keep a flexible schedule/balance other commitments!

NO TRY-OUTS, EVERYONE MAKES THE TEAM! ...Last year we had over 200 co-ed athletes active on our roster!

...**NOT SURE WHAT EVENT TO DO?** Try all of them! -Everyone can run, jump or throw! Our Coaches will help choose the best event for you!

HOW TO SIGN-UP?

- If you have already participated in a MCHS Fall or Winter Sport, just go to your SportsNet account and sign-up/add Track & Field
- If you have NOT yet participated in a MCHS Sport yet, complete an Athletic Packet (MCHS school website > Athletics > Athletic Packet Online Registration)

QUESTIONS? See Mrs. West Room #D6 Contact MCHS Head Track Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net

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