

NORTH SALEM SPRING TRACK AND FIELD SEASON 2013

Coach Holst

E-mail: dholst@northsalemschools.org

Coach Davis

E-mail: jdavis@northsalemschools.org

<http://nstrackandfield.blogspot.com>

*Leave a comment introducing yourself today!

Permission slips due **Mar. 6th**

All paperwork (**Physicals** and **health forms**) must be handed in by **Mar 4th**. Those athletes who fail to do so will not be participating during the season.

*Practice and Meet Schedule will be updated after the Coaches Meeting.

Dear Runners,

Welcome to the 2013 Spring Track Program. Coach Davis and I are extremely excited to embark upon the fourth year of a program who has had such tremendous success over the past year. The core values of respect, dedication and hard work continue to provide the solid foundation from which this program is built. As this program continues to develop great human beings, determined students, and successful athletes we will remain tirelessly dedicated to returning this program to it's former glory.

-Coach Holst

-Coach Davis

"Unless a person believes in themselves and makes a total commitment to their goal and puts everything they have into it – their mind, their body, their heart – what's the goal worth to them?"

-Vince Lombardi

Core Values/Priority List

Respect

Dedication

Hard Work

Human Being

Student

Athlete