

**IMPORTANT Updates:**

**PRACTICE MONDAY CANCELLED:** The National Weather service has indicated that potentially frozen precipitation will begin mid-day on Monday in the Triangle with temperatures dropping rapidly into the 20s by sunset. Therefore, our practice is CANCELLED.

We anticipate starting on Wednesday at Southern HS track at 5:30PM. It will be cool/cold when we practice. Therefore the kids **MUST** come dressed with:

Long-legged sweat pants

**TWO layers of tops** PREFERABLY a long-sleeved to shirt AND a long sleeved sweatshirt/hoodie

Something on their heads PREFERABLY a Toboggan

Gloves

Running shoes

(Do not spend a lot of money on these, as they will wear out quickly....Go to Walmart to get these cheap!!!)

**PRACTICE TIMES:**

This week **ONLY**, we will practice from 5:30-7PM at Southern.

Once DST begins next Sunday, practices will move to 6-7:30PM at Southern High School in Durham