

### HHS IN THE KNOW

# Weekly Bulletin Week of January 15, 2024

\*\*\*JANUARY 15th, 2023 - MARTIN LUTHER KING, JR. DAY - NO SCHOOL\*\*\*

WINTER GUARD RESTAURANT FUNDRAISER: Come out and support the combined Heritage/Arapahoe Winter Guard team at Panera Bread (7301 S Broadway) on January 22nd from 4:00 - 8:00 pm. Be sure to mention the Winter Guard team when you order. You can also use code: FUND4U with an online or mobile order.

HHS MENS SWIM & DIVE: All interested swimmers and divers for the spring season should attend the Parent and Swimmer Meeting on Tuesday, January 23rd, at 7:00 pm in Room 3294 (behind the pool). Registration for spring sports is open and will close February 26th. Visit the <a href="HHS Mens Swim and Dive Team website">HHS Mens Swim and Dive Team website</a> for up to date information, including HHS Athletic Registration, Boosters Registration, and team gear. The first day of practice is February 20th.

**ATTENTION SENIOR ATHLETES:** Have you signed or plan to sign to play a sport at the next level? National Signing Day is coming up on February 7th at 4:00 pm in the Main Gym. If you want to take part in National Signing Day on Wednesday, February 7th you must email Kate Moreland in the Athletics Office at <a href="mailto:kmoreland@lps.k12.co.us">kmoreland@lps.k12.co.us</a> by Thursday, January 25th.

2024-2025 COURSE REGISTRATION: Students will begin the registration process for the 2024-2025 school year this month. Counselors will meet with individual classes during Advisory beginning on January 19th to present information and hand out materials. Juniors will receive their info on January 19th, Freshmen on January 22nd, and Sophomores on January 26th. Registration will occur in Language Arts classes beginning the week of January 29th. All presented information and handouts will be available on the Heritage Counseling Website by January 19th.

TRACK & FIELD: There will be a mandatory virtual meeting for interested athletes and their parents on Wednesday, January 31st at 7:00 pm. Please use the QR code for access to the meeting. For additional questions, please contact Head Coach Shaw Gifford at sgifford@lps.k12.co.us.

**SPRING SPORTS INFORMATION:** Registration for Spring Sports is now open! If you plan on participating in a Spring Sport, please register on <a href="https://arapahoehs-ar.rschooltoday.com/">heritageagles.com</a> by February 16th. NOTE - if you are interested in participating in Boys Volleyball, you will have to register on the Arapahoe Athletics website: <a href="https://arapahoehs-ar.rschooltoday.com/">https://arapahoehs-ar.rschooltoday.com/</a>.

#### FOR PARENTS:

#### HELP EARN REWARDS FOR HERITAGE AND LPS WHILE SHOPPING:

- HHS is enrolled in the King Soopers Rewards Program. Just log into your King Soopers Account,
  Community Rewards, and search for Heritage High School either by name or by MY380, and then click
  enroll. Money earned through this program will help support our Eagle Family Foundation program here at
  school which assists students and families in need.
- HHS is also enrolled in American Furniture Warehouse's Year Round School Rewards Program. When you

- shop at one of their stores, please mention Heritage High School at the time of purchase.
- Office Depot donates five percent of purchases back to us when you designate Heritage High School (School ID #70018158) at the time of purchase.

#### **PHONE NUMBERS:**

- Heritage High School Main Office: 303-347-7600
- Heritage High School Attendance Line: 303-347-7630
- Safe2tell, a toll-free, anonymous Colorado tip line answered by the State Patrol, is for anyone concerned about a threat to student and staff safety: Statewide Tip Line: 1-877-542-SAFE
- HHS Tip Line The purpose of the phone tip line is to provide a confidential opportunity to give school officials information about use, possession, distribution or sale of drugs or alcohol, as well as any information regarding a dangerous situation. HHS Tip Line: (303) 734-6730
- Colorado Crisis Services: 1-844-493-8255 or Text "TALK" to 38255
- LPS 24-Hour Security: 303-347-3420

#### LINKS:

- Heritage High School Website: <a href="http://heritage.littletonpublicschools.net/">http://heritage.littletonpublicschools.net/</a>
  - o Important Dates and School Calendars
  - O Sports and Activities Calendar
  - o Bell Schedules
  - Staff Directory
- Infinite Campus Portal: <a href="https://littletonco.infinitecampus.org/campus/portal/littleton.jsp">https://littletonco.infinitecampus.org/campus/portal/littleton.jsp</a>
- Click this link to view all district-approved flyers posted to the LPS website. Flyers
- LPS Website Community Resources: <a href="https://littletonpublicschools.net/community-resources">https://littletonpublicschools.net/community-resources</a>

#### **SOCIAL MEDIA:**

Like us and then follow us to get automatic messages when we update our news feeds:

- www.facebook.com/HeritageLPS
- https://www.instagram.com/heritageeagles/

The HHS In the Know Weekly Bulletin is emailed to students and parents/guardians and posted to both the "For Students" and "For Parents" pages of our website on **Friday** (for the following week) during the school year. To submit information to be included in the weekly bulletin, please email <a href="mailto:CLambert@lps.k12.co.us">CLambert@lps.k12.co.us</a> by **10 am each Wednesday**.

Littleton Public Schools does not discriminate on the basis of race, color, sex (which includes marital status), sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services. The following individuals have been designated to handle inquiries regarding the nondiscrimination policies: Dr. Sheri Charles, Assistant Superintendent of Human Resources or Carla Larson, Director of Special Education and Student Support Services; Littleton Public Schools - 5776 S. Crocker St. Littleton, CO 80120 - 303-347-3300

\* Please scroll down to view Eagle Events and other attachment(s) for this week. \*



### Heritage 2023-24 Multiple Activities Schedule

(as of 01-11-2024)

Activity	Time	Versus	Location	Location Detail	Comments
MONDAY, JAN 15, 2024					
NO SCHOOL			Heritage		Martin Luther King Jr. Day
Belles - Practice	6:20am- 7:50am		Heritage High School - Main Gym		
Belles - JV Practice	6:30am- 8:00am		Heritage High School - Auxiliary Gym		
Belles - JV Practice	7:00am- 9:00am		Heritage High School - Auxiliary Gym		
Wrestling - Weight Lifting	7:00am- 8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am- 8:00am		Heritage		
Basketball - Girls V/JV Practice	9:00am- 11:00am		Heritage High School - Auxiliary Gym		
Basketball - Boys V/JV Practice	9:00am- 11:00am		Heritage High School - Main Gym		
Basketball - Girls C-Level Practice	11:00am- 1:00pm		Heritage High School - Auxiliary Gym		
Basketball - Boys Fr/So Practice	11:00am- 1:00pm		Heritage High School - Main Gym		
Drama - Musical Rehearsal	3:35pm- 6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Wrestling - Practice	4:00pm- 6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Soccer - Girls Kick Around	4:00pm- 7:00pm		Heritage High School - Field - Football (Artificial Turf)		
Unified Basketball: All Levels Game	4:30pm	Littleton High School	Littleton High School		
Cheer Practice	5:00pm- 9:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Track/Field - Weights	5:30pm- 6:30pm		Heritage High School - Weight Room		
ACES Swim Club practice	6:00pm- 8:00pm		Heritage High School - Pool		
Baseball - Workout	6:00pm- 8:00pm		Heritage High School - Turf Room Rm 0590		
Baseball - Parent/Player Meeting	6:00pm- 7:30pm		Heritage High School - Theater		
Belles - Booster Meeting	7:00pm- 8:30pm		Community Room - 1631		
TUESDAY, JAN 16, 2024					
Even Period Classes			Heritage		
Belles - Practice	6:20am- 7:50am		Heritage High School - Main Gym		
Swimming/Diving - Varsity Practice	6:30am- 8:00am		Heritage High School - Pool		
Baseball - Morning Workouts	7:00am- 8:00am		Heritage High School - Weight Room		
Student of the Month Ceremony	7:30am- 8:15am		Heritage High School - Theater		
Spirit Club	7:50am- 8:15am		Heritage High School - Room 3841		
FBLA Club Meeting	9:00am- 9:30am		Room 1317		
Advisory - LINK visits to Freshmen Classes	9:52am- 10:22am		Classrooms		
Advisory - Senior Showdown Vote	9:52am- 10:22am		Classrooms		Seniors will vote on Top 12 Sr Showdown Contestants

Activity	Time	Versus	Location	Location Detail	Comments
Admin Team Meeting	10:00am- 12:30pm		Conference Room - Main Office		
Counseling - SIT Team Meeting	2:10pm- 3:00pm		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm- 6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Bits and Bytes Club Meeting	3:35pm- 4:15pm		Room 1751X		
Faculty - Induction Meeting	3:40pm- 4:30pm		Library - Flight Room - 1664C		
Knitting Club	3:40pm- 4:40pm		Room 2139		
Art Express Club	3:40pm- 4:35pm		Room 1771X		
Swimming Girls Varsity Dryland	3:40pm- 4:40pm		Heritage High School - Weight Room		
Swimming/Diving - JV Practice	3:40pm- 5:00pm		Heritage High School - Pool		
Film Club Meeting	3:40pm- 5:00pm		Room 2135		
Cheer Practice	4:00pm- 7:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Speech & Debate Club Meeting	4:00pm- 5:00pm		Heritage High School - Room 2951		
Wrestling - Practice	4:00pm- 6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Basketball: Boys JV Game	4:00pm	Legend	Heritage High School	Main Gym	
Baseball - Fundraiser Meeting	4:00pm- 5:00pm		Heritage High School - 2nd Floor Lecture Hall		
Basketball: Girls JV Game	5:00pm	Legend	Heritage High School	Auxiliary Gym	
ACES Swim Club practice	5:30pm- 8:30pm		Heritage High School - Pool		
Basketball: Boys Sophomore Game	5:30pm	Legend	Heritage High School	Auxiliary Gym	
Basketball: Girls Varsity Game	5:30pm	Legend	Heritage High School	Main Gym	
Lacrosse - Boys Film	5:30pm- 7:00pm		Heritage High School - 3rd Floor Lecture Hall		
Wrestling Youth Practice	6:00pm- 7:30pm		Wrestling Room		
Lacrosse - Girls Workout	6:00pm- 7:15pm		Heritage High School - Turf Room Rm 0590		
Basketball: Boys Varsity Game	7:00pm	Legend	Heritage High School	Main Gym	
Lacrosse - Boys Workout	7:15pm- 8:30pm		Heritage High School - Turf Room Rm 0590		
WEDNESDAY, JAN 17, 2024					
Odd Period Classes	6:20am		Heritage		
Swimming/Diving - JV Practice	6:30am- 8:00am		Heritage High School - Pool		
Belles - Practice	6:50am- 8:50am		Heritage High School - Main Gym		
Belles - JV Practice	7:00am- 9:00am		Heritage High School - Auxiliary Gym		
Wrestling - Weight Lifting	7:00am- 8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am- 8:00am		Heritage High School - Weight Room		
Baseball - Morning Workouts	7:00am- 8:00am		Heritage		
Soccer - Girls Kick Around	7:30am- 8:30am		Heritage High School - Turf Room Rm 0590		
Counseling - PLC Meeting	8:00am- 9:20am		Conference Room - Main Office		

Activity	Time	Versus	Location	Location Detail	Comments
FCA Club Meeting	8:30am- 9:25am		Heritage High School - Room 3294 - Health		
Chess Club	9:00am- 9:15am		Heritage High School - Room 3135		
Counseling - Department Meeting	1:30pm- 3:30pm		Conference Room - Main Office		
LINK - Meeting	3:30pm- 4:00pm		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm- 6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
Eagle Outreach Club Meeting	3:35pm- 5:00pm		Heritage High School - Room 2957		
Swimming/Diving - Varsity Practice	3:40pm- 5:40pm		Heritage High School - Pool		
Thespian Club	3:45pm- 4:15pm		Heritage High School - Theater		
Rock Climbing Club	3:45pm- 5:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Basketball - Girls All Levels Practice	3:45pm- 5:00pm		Heritage High School - Main Gym		
Basketball - Boys V/JV Practice	3:45pm- 6:00pm		Heritage High School - Auxiliary Gym		
Distance Track - Weights	3:45pm- 5:00pm		Heritage High School - Weight Room		
Math Diagnostic Exam	4:00pm- 5:30pm		Heritage High School - 2nd Floor Lecture Hall		
Wrestling - Practice	4:00pm- 6:00pm		Hall Heritage High School - Turf Room Rm 0590, Wrestling Room		
<del>Basketball</del> : <del>Girls<mark>C</mark></del> Level Game	4:00pm	<del>Legend</del>	Legend High School		(Cancelled)
Hockey - Meeting	4:30pm- 6:00pm		Heritage High School - 3rd Floor Lecture Hall		
Hockey - Weights	5:00pm- 7:00pm		Heritage High School - Weight Room		
Wrestling Youth Practice	6:00pm- 7:30pm		Wrestling Room		
Wrestling: Boys JV Match	6:00pm	Rock Canyon	Heritage High School	Main Gym	
ACES Swim Club practice	6:00pm- 8:00pm		Heritage High School - Pool		
Basketball - Boys Fr/So Practice	6:00pm- 8:30pm		Heritage High School - Auxiliary Gym		
Wrestling: Boys Varsity Match	7:00pm	Rock Canyon	Heritage High School	Main Gym	
Basketball: Boys Freshman Game	7:00pm	Legend	Legend High School		
THURSDAY, JAN 18, 2024					
Odd Period Classes			Heritage		
Belles - JV Practice	6:30am- 8:00am		Heritage High School - Auxiliary Gym		
Mock Trial Club	7:45am- 8:10am		Heritage High School - Room 2953		
Math League Club	7:50am- 8:15am		Heritage High School - Room 3753		
Advisory - Senior Showdown Vote	9:52am- 10:22am		Classrooms		Seniors will vote on Top 12 Si Showdown Contestants
Counseling - Military visit	10:20am- 12:30pm		Hallway - by Student Center		Navy Visit
Counseling - SIT Team Meeting	10:25am- 11:15am		Conference Room - Main Office		
Drama - Musical Rehearsal	3:35pm- 6:00pm		Heritage High School - Choir Room, Heritage High School - Theater		
GSA Club Meeting	3:35pm- 4:35pm		Room 3977		
	4:33pm-				

Activity	Time	Versus	Location	Location Detail	Comments
Diversity Club	3:40pm- 4:45pm		Heritage High School - Room 2136		
Swimming Girls Varsity Dryland	3:40pm- 4:40pm		Heritage High School - Weight Room		
Math Diagnostic Exam	4:00pm- 5:30pm		Heritage High School - 2nd Floor Lecture Hall		
Wrestling - Practice	4:00pm- 6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
<del>Basketball</del> : <del>Girls C Level</del> <del>Game</del>	4:00pm	Highlands Ranch	Heritage High School	<del>Main</del> <del>Cym</del>	(Cancelled)
Basketball - Girls V/JV Practice	4:00pm- 6:00pm		Heritage High School - Main Gym		
Basketball - Girls C-Level Practice	4:00pm- 6:00pm		Heritage High School - Auxiliary Gym		
Swim & Dive: Girls Varsity Meet	4:30pm	Rock Canyon	Northridge Recreation Center		
Swim & Dive: Girls JV Meet	4:30pm	Rock Canyon	Northridge High School		
Cheer Practice	5:00pm- 9:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Basketball: Girls JV Game	5:00pm	Highlands Ranch	Heritage High School	Main Gym	
Band - Winter Percussion	5:00pm- 8:00pm		Heritage High School - Band Room	-,	
ACES Swim Club practice	5:30pm- 8:30pm		Heritage High School - Pool		
Basketball: Boys JV Game	5:30pm	Highlands Ranch	Highlands Ranch High School		
Basketball: Boys Sophomore Game	5:30pm	Highlands Ranch	Highlands Ranch High School		
Wrestling: Boys JV Match	6:00pm	Ponderosa	Ponderosa High School		
Lacrosse - Girls Workout	6:00pm- 7:15pm		Heritage High School - Turf Room Rm		
Basketball: Girls Varsity Game	6:30pm	Highlands Ranch	Heritage High School	Main Gym	
<del>Lacrosse Boys Parent</del> <del>Meeting</del>	<del>6:30pm</del> <del>8:00pm</del>		Heritage High School 2nd Floor Lecture Hall		(Cancelled)
Wrestling: Boys Varsity Match	7:00pm	Ponderosa	Ponderosa High School		
Basketball: Boys Varsity Game	7:00pm	Highlands Ranch	Highlands Ranch High School		
Basketball: Boys Freshman Game	7:00pm	Highlands Ranch	Highlands Ranch High School		
Lacrosse - Boys Workout	7:15pm- 8:30pm		Heritage High School - Turf Room Rm 0590		
EDIDAY JAN 10 2004	-1- **				
FRIDAY, JAN 19, 2024					
Even Period Classes	6:20am-		Heritage		
Belles - Practice	7:50am		Heritage High School - Main Gym		
Belles - JV Practice	7:50am 6:30am- 8:00am		Heritage High School - Main Gym  Heritage High School - Auxiliary Gym		
Belles - Practice  Belles - JV Practice  Swimming/Diving - JV  Practice	7:50am 6:30am- 8:00am 6:30am- 8:00am				
Belles - JV Practice Swimming/Diving - JV	7:50am 6:30am- 8:00am 6:30am- 8:00am 7:00am- 8:00am		Heritage High School - Auxiliary Gym  Heritage High School - Pool  Heritage		
Belles - JV Practice Swimming/Diving - JV Practice Baseball - Morning Workouts Baseball - Workout	7:50am 6:30am- 8:00am 6:30am- 8:00am 7:00am- 8:00am 7:00am- 8:00am		Heritage High School - Auxiliary Gym		
Belles - JV Practice Swimming/Diving - JV Practice Baseball - Morning Workouts	7:50am 6:30am- 8:00am 6:30am- 8:00am 7:00am- 8:00am 7:00am-		Heritage High School - Auxiliary Gym  Heritage High School - Pool  Heritage  Heritage High School - Turf Room Rm		
Belles - JV Practice Swimming/Diving - JV Practice Baseball - Morning Workouts Baseball - Workout Advisory - Junior	7:50am 6:30am- 8:00am 6:30am- 8:00am 7:00am- 8:00am 7:00am- 8:00am 9:52am-		Heritage High School - Auxiliary Gym  Heritage High School - Pool  Heritage  Heritage High School - Turf Room Rm 0590		Seniors will vote on Top 12 Sr Showdown Contestants
Belles - JV Practice Swimming/Diving - JV Practice Baseball - Morning Workouts Baseball - Workout Advisory - Junior Registration Advisory - Senior	7:50am 6:30am- 8:00am 6:30am- 8:00am 7:00am- 8:00am 7:00am- 8:00am 9:52am- 10:22am 9:52am-		Heritage High School - Auxiliary Gym  Heritage High School - Pool  Heritage  Heritage High School - Turf Room Rm 0590  Heritage High School - Theater		

Activity	Time	Versus	Location	Location Detail	Comments
Eagles for Choice	3:35pm- 4:15pm		Room 3977		
D & D Club	3:35pm- 5:00pm		2nd Floor Study Center		
Swimming/Diving - Varsity Practice	3:40pm- 5:40pm		Heritage High School - Pool		
Basketball - Boys V/JV Practice	3:45pm- 5:00pm		Heritage High School - Auxiliary Gym		
Distance Track - Weights	3:45pm- 5:00pm		Heritage High School - Weight Room		
Cheer Practice	4:00pm- 7:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Wrestling - Practice	4:00pm- 6:00pm		Heritage High School - Turf Room Rm 0590, Wrestling Room		
Basketball - Boys Fr/So Practice	5:00pm- 7:00pm		Heritage High School - Auxiliary Gym		
ACES Swim Club practice	6:00pm- 8:00pm		Heritage High School - Pool		
Ice Hockey: Varsity Game	6:00pm	Mountain Vista	South Suburban Ice Rink		
Baseball - Workout	6:00pm- 8:00pm		Heritage High School - Turf Room Rm 0590		
Ice Hockey: JV2 Game	6:15pm	Standley Lake	Ice Center at Promenade (Green)		
SATURDAY, JAN 20, 2024					
Swim & Dive: Girls Varsity Meet	TBD	Arapahoe	Arapahoe High School		
Swim & Dive: Girls JV Meet	TBD	Arapahoe	Arapahoe High School		
Brain Bowl	6:00am- 3:00pm		All School		
Wrestling: Boys Varsity Invitational	8:00am	Skyview	Skyview High School		
Wrestling: Boys JV Tournament	8:00am	Columbine	Columbine High School		
Swimming/Diving - Varsity Practice	8:00am- 10:00am		Heritage High School - Pool		
Basketball - Girls C-Level Practice	9:00am- 10:30am		Heritage High School - Main Gym		
Basketball - Boys Sophomore Practice	9:00am- 10:30am		Heritage High School - Auxiliary Gym		
Baseball - Workout	9:00am- 1:00pm		Heritage High School - Turf Room Rm 0590		
Band - Winter Percussion Rehearsal	9:00am- 1:00pm		Heritage High School - Band Room, Heritage High School - Choir Room		
Basketball: Girls JV Game	11:30am	Littleton High School	Heritage High School	Main Gym	
Basketball: Boys JV Game	11:30am	Littleton High School	Heritage High School	Auxiliary Gym	
Basketball: Girls Varsity Game	1:00pm	Littleton High School	Heritage High School	Main Gym	
Basketball: Boys Freshman Game	1:00pm	Littleton High School	Heritage High School	Auxiliary Gym	
Basketball: Boys Varsity Game	2:30pm	Littleton High School	Heritage High School	Main Gym	
Ice Hockey: Varsity Game	8:10pm	Mountain Vista	South Suburban Ice Rink		

## EUCLID MIDDLE SCHOOL BAND

## MATTRESS FUNDRAISER











Adjustable Base

Luxury Pillows

Massage Chair

### SAT. JAN 20

**10AM-5PM** 

**@EUCLID MIDDLE SCHOOL** 

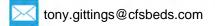
**BENEFITS THE BAND PROGRAM** 



### SAVE THE DATE!



© COPYRIGHT 2024 CUSTOM FUNDRAISING SOLUTIONS



For more info:



# Help support vs! Arapahoe Winter Guard

OF SALE WILL BE DONATE

January 22, 2024 4:00 pm to 8:00 pm MST 7301 South Santa Fe Drive, Littleton, CO

Use code FUND4U at online checkout, in the Panera App, or at the kiosk in-cafe.\*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.\*\*

Learn more at fundraising.panerabread.com

@2023 Panera Bread. All Rights Reserved.

\*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: http://fundraising.panerabread.com/terms-contitions/. \*\*Services vary by café.





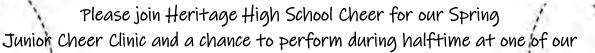
# Heritage HS Cheer

Invites YOU to be our Valentine

and Cheer alongside us...



### ON THE COURT!



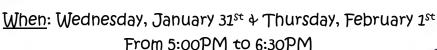


Game Date: Friday, February 2nd



### Clinic Details

Where: Heritage High School 1401 W. Geddes Avenue Littleton, CO 80120



Program will include: T-Shirt, Pom Poms,
Snacks, and a Drink

Pre-K (4/5) to 8th Grade – Registration Fee \$60 via Zelle

To Sign up please scan the QR Code or follow the attached link to complete the google signup doc

using the link below.

Click HERE to follow the Heritage Junior Cheer Sign-Up Link













# Virtual Parent Meeting 1/31/2024 (Wednesday) @7:00pm

Any questions, please email Head Coach Shaw at sgifford@lps.k12.co.us

### **Heritage Track & Field**

**Goals:** Sculpting young leaders through work ethic, discipline, and teamwork.

**Expectations:** Show up on time, prepared to work, and have required gear.

Fees: \$175 Sign up fee paid to the Athletics Office, and medical clearance

**Practice Time:** Every day after school 3:45pm (First Practice is 02/29/2024)



Please scan to enter google track and field meeting. meet.google.com/rux-eavt-bmh