

Dear Lahser Track Parents,

Monday, March 10th, marks the beginning of the 2008 Lahser Track and Field season! The upcoming season should be very exciting for many reasons, one of which is the fact that we have the privilege of hosting the Regional Meet!! We are so proud of our talented athletes and want to assure that their season runs smoothly!! To help make that happen, we need FULL parental support!

We will be holding MANDATORY PARENT MEETING IN LAHSER'S MEDIA CENTER ON THURSDAY, MARCH 13th AT 5:15 PM. A lot of important information will be discussed at this meeting.

We will also be collecting dues, as well as ordering track clothing for the athletes and spirit wear. PLEASE BRING YOUR CHECKBOOKS!

(FYI...the deadline for ordering any apparel is Monday, March 17th!!)

This year's financial contributions are expected to fund team awards, end of season banquet and other needs that may arise. In order to minimize the need for special fund raising activities, the Boosters collect \$70.00 dues from each track family.

This spring we have three home events: Thursday, April 3, Tuesday April 15 and Friday, May 16. We are looking for volunteers to assist in helping run ALL three meets. Parents are needed to time and record results at each home meet. There will be a workers clinic held on Wednesday, April 2 at 4:30 p.m. (no prior experience needed).

Please make every attempt to attend this important meeting!! If some extreme circumstance arises, and you cannot make the meeting, please *email* us so we can get all this very important information to you.

Thank you so much for your tremendous ongoing support!!

Fondly,
Joe & Francine Grace
[2008 Lahser Track Parent Coordinators]

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**BLOOMFIELD HILLS LAHSER H.S.
2008 TRACK AND FIELD
- QUICK REMINDERS -**

HEAD COACH: NICK STRATION

PRACTICE BEGINS: MONDAY, MARCH 10, 2008

**PRACTICE TIMES: 2:45 p.m. – 5:15 p.m.
(MONDAY – FRIDAY)**

**MEET IN FIELDHOUSE READY TO PRACTICE
WE WILL PRACTICE OUTSIDE
(WEATHER PERMITTING)**

MUST HAVE:

- 1. PHYSICAL FORM REGISTERED WITH
THE ATHLETIC TRAINER**
- 2. SWEATS (PANT AND TOP)**
- 3. HAT AND GLOVES**
- 4. RUNNING OR CROSSTRaining SHOES**

**PARENT MEETING: THURSDAY, MARCH 13, 2008
(5:15 p.m. – MEDIA CENTER)**

**ANY QUESTIONS SHOULD BE DIRECTED TO THE ATHLETIC OFFICE :
MS. EVE CLAAR, ATHLETIC DIRECTOR 248-341-5760**

Bloomfield Hills Lahser High School
2008 Track & Field
Boys and Girls Schedule
(Revised 3-07-08)

<u>Day / Date</u>	<u>Start Time</u>	<u>Bus Departure</u>	<u>Opponent</u>	<u>Site</u>
Mon. March 10	2:45 - 5:00	-----	First Day of Practice	Fieldhouse
Thu. March 13	5:15 p.m.	-----	Parent Meeting	Media Center
Tue. March 18	4:00 p.m.	2:45 p.m.	Oakland County Indoor Championships	Macomb Community College
Thu. March 20	-----	-----	Spring Break Begins	-----
Thu. March 20	12:00 p.m.	T.B.D.	SVSU (Girl's Only) Indoor Invitational	Saginaw Valley State University
Fri. March 21	12:00 p.m.	T.B.D.	SVSU (Boy's Only) Indoor Invitational	Saginaw Valley State University
Fri. March 28	10:00 a.m.	T.B.D.	Huron River Indoor Relays	Eastern Michigan University
Mon. March 31	-----	-----	Spring Break Ends	-----
Thu. April 03	4:30 p.m.	-----	Troy Athens H.S.*	Home
Tue. April 08	4:30 p.m.	2:45 p.m.	Farmington Hills Harrison H.S.*	Away
Tue. April 15	4:30 p.m.	-----	Birmingham Groves H.S.*	Home
(Fri.) April 18 - (Sat.) April 19	T.B.D.		Mansfield / Mehock Relays	Mehock Track - Mansfield, OH.
Sat. April 19	9:00 a.m.	7:30 a.m.	Berkley Bears Invitational	Berkley H.S.
Tue. April 22	4:30 p.m.	2:45 p.m.	Berkley H.S.* / Farmington H.S.*	Farmington H.S.
Sat. April 26	9:30 a.m.	T.B.D.	West Bloomfield Invitational	West Bloomfield H.S.
Fri. May 02	2:00 p.m.	12:00 p.m.	Golden Triangular Invitational	Saline H.S.
(Fri.) May 02 - (Sat.) May 03	T.B.D.		Don Mitchell Roosevelt Memorial Invitational	Welcome Stadium, Dayton OH.
Tue. May 06	4:30 p.m.	2:45 p.m.	Pontiac Northern H.S.*	Away
Sat. May 10	10:00 a.m.	8:00 a.m.	O.A.A. Div. 2 League Championships	Berkley H.S.
Fri. May 16	2:00 p.m.	-----	M.H.S.A.A. Regionals (20-2)	Home
Tue. May 20	4:00 p.m.	T.B.D.	Oakland West J.V. Relays	Farmington H.S.
Fri. May 23	3:00 p.m.	VANS	Varsity Oakland County Championships	Farmington H.S.
Sat. May 24	9:00 a.m.	VANS	Freshmen Oakland County Championships	Milford H.S.
Sat. May 31	10:00 a.m.	VANS	M.H.S.A.A. State Finals - Div. 2	Zeeland East H.S.
Thu. June 05	5:00 p.m.	-----	TEAM BANQUET	School Cafeteria

* = O.A.A. Division 2 Opponents

Highlight = Possible Invitationals/ Relays

Michigan Indoor Track Series

Fri. Feb. 29 4:00 p.m. ----- Michigan Indoor Track Series - State Finals Central Michigan University

National Competitions

(Fri.) March 14 - (Sat.) March 15 National Scholastic Indoor Championships @ New Balance Track & Field Center, New York City, NY.
(Sat.) March 15 - (Sun.) March 16 Nike Indoor Championships @ Prince George's Sports Complex, Landover, MD.
(Thu.) June 19 - (Sat.) June 21 Nike Outdoor Championships @ North Carolina A&T University, Greensboro NC.

Conflicts

(Sat.) May 03- (Sat.) May 11 Man in Nature Great Outdoors - Canada
Sat. May 17 Evening Prom
Mon. May 19 All Day Cedar Pointe Trip Cedar Pointe - Sandusky, OH.

Coaching Staff

Head Coach: Nick Stration - (H#) 248-682-6436; (C#) 248-722-9994; e-mail: nstration@prodigy.net
Assistant Coaches: Chris McDonald (Sprints), Jeff Nagy (Throws), Richard Watkins (Hurdles)
Athletic Director: Eve Claar - (W#) 248-341-5760

Websites

Lahser High School: <http://lahser.bloomfield.org/>
Outdoor Track & Field Webpage: http://lahser.bloomfield.org/athletics/track_field/index.htm
Indoor Track & Field Webpage: http://lahser.bloomfield.org/clubs/indoor_track/index.htm
Cross Country Webpage: http://lahser.bloomfield.org/athletics/cross_country/index.html