

FCHS TRACK

FEBRUARY 2023

Fort Collins High School
 3400 Lambkin Way
 Fort Collins, CO 80525
 Office: 488-8021

Jeff Brennan: Head Coach
 Office : 970 488-8035
 Cell Phone: 303-653-1631
 E-mail: jbrennan@psdschools.org
<http://www.lamkintrackandxc.co>

February Daily Practice
Time: 4:15-6:15

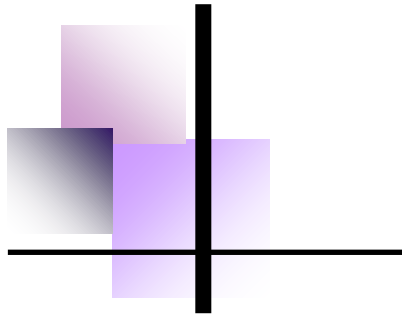


Lambkin T&F

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Workout #10 4:15pm	3	4
5	6 Workout #11 4:15pm	7 Workout #12 4:15pm	8	9 Workout #13 4:15pm	10	11
12	13 Workout #14 4:15	14 Workout #15 4:15pm	15	16 Workout #16 4:15 pm	17 Track Athlete Mtg. @ 7:45am before school in PE1	18
19	20 No School	21 Track Camp 4:15pm *must have orange card to attend camp	22 Track Camp 4:15pm *must have or- ange card to at- tend camp	23 Track Camp 4:15pm *must have or- ange card to at- tend camp	24 Track Camp 4:15pm *must have or- ange card to at- tend camp	25
26	27 1st Official Practice 4:15pm Team Mtg. 5:45pm Orange Cards Due	28 Parent Meeting @ 6:15pm in the Commons				

FCHS TRACK

MARCH 2023



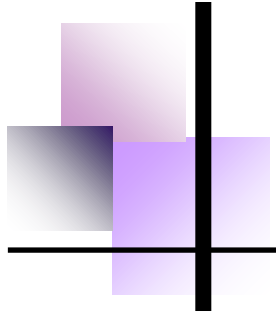
Fort Collins High School
 3400 Lambkin Way
 Fort Collins, CO 80525
 Office: 488-8021

Jeff Brennan: Head Coach
 Office : 970 488-8035
 Cell Phone: 303-653-1631
 E-mail: jbrennan@psdschools.org
<http://www.lamkintrackandxc.co>

March Daily Practice Time: 4:15
 -6:15 (unless noted otherwise
 on the calendar: 16th & 17th @
 3:00pm)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lambkin Team Challenge 4:15-5:45pm Spike Night @ Altitude 6-8pm	2 Lambkin Team Challenge 4:15-6:00pm Spike Night @ Runners Roost 6-8pm	3 Lambkin Team Challenge 4:15-6:00pm	4
5	6	7	8	9 Junior Varsity Meet @Fossil Ridge HS 3:30pm School Release: 1:55pm (Self Transport) Meet: 2:20pm	10 Varsity Max Marr Invite @Berthoud HS 1:00pm School Release: 10:45am Bus Departure: 11:00am	11 <u>Spring Break Begins</u>
12	13 Spring Break Workouts on your own	14 Spring Break Workouts on your own	15 Spring Break Workouts on your own	16 Spring Break Practice 3:00-4:30pm	17 Spring Break Practice 3:00-4:30pm	18 Varsity Murry Kula Meet @Windsor HS 8:30am Bus Departure: 7:00am
19 <u>Spring Break Ends</u>	20	21	22 Junior Varsity Meet @Poudre HS 3:30pm School Release: 1:55pm (Self Transport) Meet: 2:20pm	23	24 Team Dinner @Case Park 5:30pm	25 Varsity Runners Roost of FTC Invite @French Field 8:30am (Self Transport) Meet: 7:20am
26	27	28	29 Junior Varsity Meet @Wellington MS/HS 3:30pm School Release: 1:45pm (Self Transport) Meet: 2:00pm	30	31 Team Dinner @Case Park 5:30pm	



FCHS TRACK

MAY 2023

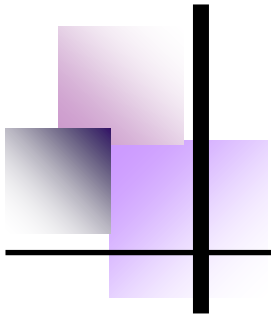
Fort Collins High School
 3400 Lambkin Way
 Fort Collins, CO 80525
 Office: 488-8021

Jeff Brennan: Head Coach
 Office : 970 488-8035
 Cell Phone: 303-653-1631
 E-mail: jbbrennan@psdschools.org
 http://www.lamkintrackandxc.co

May Daily Practice Time: 4:15-6:15 (unless noted otherwise on the calendar: 10th & 17th @ 7:00am, 15th @ 3:00pm)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 JV Uniform Check In after school @ 4:10pm	2 Team Dinner 5:30pm @Case Park	3 Varsity Conference Championship Meet @Broomfield HS 3:00pm School Release: 11:45am Bus Departure: 12:00pm *MS Meet @ 3:30pm*	4	5 Varsity Conference Championship Meet @Broomfield HS 3:30pm School Release: 11:45am Bus Departure: 12:00pm	6 Conference Meet, poor weather make up day if needed!
7	8 Lambkin Awards Night @McNeal 6:15pm	9	10 *MS Meet @ 3:30pm* Practice @7:00am	11	12 Varsity John Martin Invite @Fort Collins HS 2:00pm School Release: 12:30pm Meet: 12:50pm	13
14	<u>No School</u> 15 Practice @ 3:00pm	16 Uniform Check In after school @ 4:10pm for all Competitors that are not qualified for state!	17 *PSD MS Meet @ French Field 3:30pm* Practice @7:00am	18 Varsity State Track Meet @JeffCo Stadium Bus Departure: TBD	19 <u>GRADUATION</u> Varsity State Track Meet @JeffCo Stadium Bus Departure: TBD	20 Varsity State Track Meet @JeffCo Stadium Bus Departure: TBD
21	22 Uniform Check In after school @ 4:10pm for all state qualifiers!	23 All Conference Pictures after school @ 4:00pm (Skillman Photography)	24 Track Awards Banquet Night @McNeal Auditorium 6:30pm	25	26	27
28	29	30	31			



FCHS TRACK

JUNE 2018

Fort Collins High School
3400 Lambkin Way
Fort Collins, CO 80525
Office: 488-8021

Conrad Crist: Head Coach
E-mail: jbrennan@psdschools.org
<http://www.lambkinrunners.com/>

Office : 970 488-8035
Cell Phone: 970-215-1899
E-mail: jbrennan@psdschools.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				