

2023 Fort Calhoun Junior High Track & Field Schedule

February 2023

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Coach Nelson
presentation
during lunch
-complete the
questionnaire
sent via email
-due March 3

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Starting Blocks
Session 1
3:15-4:00 pm

2023 Fort Calhoun Junior High Track & Field Schedule

March 2023

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
			Starting Blocks Session 2 3:15-4:00 pm	Starting Blocks Session 3 3:15-4:00 pm	JH Track & Field Questionnaire DUE TODAY	
5	6	7	8	9	10	11
	Starting Blocks Session 4 3:15-4:00 pm Check out jersey and sweatsuit from Coach Nelson	Starting Blocks Session 5 3:15-4:00 pm Check out jersey and sweatsuit from Coach Nelson	Starting Blocks Session 6 3:15-4:00 pm Check out jersey and sweatsuit from Coach Nelson	NO SCHOOL Spring Break	NO SCHOOL Spring Break	
12	13	14	15	16	17	18
	Coach Nelson out of town	Coach Nelson out of town	Coach Nelson out of town	Coach Nelson out of town	Check out jersey and sweatsuit from Coach Nelson	
19	20	21	22	23	24	25
	First day of T&F practice regular practice	regular practice	regular practice	regular practice	No practice	
26	27	28	29	30	31	
	regular practice 7th grade timing & specials evaluations	regular practice	regular practice 8th grade timing & specials evaluations	regular practice	No practice	

April 2023

Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8
	light practice	Tekamah-Herman Quad Meet @ 1:30 pm -bus departs @ ~11:45 am	regular practice	regular practice	No practice	
9	10	11	12	13	14	15
	No practice -no school	FC Home Triangular @ 4 pm	light practice	West Point Invitational @ 12:30 pm -bus departs @ ~10:15 am	No practice	
16	17	18	19	20	21	22
	light practice	DC West Invitational @ 12pm -bus departs @ 10:20 am	regular practice	OPTIONAL PRACTICE -whole group -running only -no specials	No practice	FC Home Invitational @ 10 am -arrive by 9 am
23	24	25	26	27	28	29
	light practice	No practice Varsity Home Invitational Come and watch!	regular practice	regular practice	No practice	

May 2023

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
	light practice	Yutan Invitational @ 1:30 pm -bus leaves @ ~11:45 am	regular practice	OPTIONAL PRACTICE -whole group -running only -no specials	Arlington Invitational @ 4 pm -bus leaves @ 2:15 pm	
7	8	9	10	11	12	13
	Archbishop Bergan Invitational @ 3:30 pm -bus leaves @ ~1:45 pm		PRACTICE STATE QUALIFIERS ONLY	PRACTICE STATE QUALIFIERS ONLY Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson	Nebraska JH Track & Field Championships @ TBD
14	15	16	17	18	19	20
	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson	Check jerseys & sweatsuits into Coach Nelson			
21	22	23	24	25	26	27
28	29	30	31			