



Track and Field

“To give anything less than your best is to sacrifice the gift”

Steve Prefontaine

Coordinators: Coach Vandenburg, Coach Brittany Pike

Head Coach: Coach Allen, Coach Ragsdale

Coaches: Coach Cox, Coach Cover, Coach Yager, Coach Zachary Pike, Coach Jones, Coach Mashburn

The QR code to sign up is located outside the boy's coach's office, inside the boy's locker room, and posted in the main gym.

The first Practice will be on February 12th from 7:00 am to 8:15 am, meet in the cafeteria at 6:45 am.

Sports You: sportsyou.com - Click Get Started and enter your email - Confirm Your Email - Enter Access Code - LBAP-F5SB to receive Cain Track and Field announcements and reminders.