

Colfax Elementary Cross Country

Dear Parents & Athletes,

Your son/daughter is interested in being on the Colfax Cross Country Team. Practice times will be after school on Tues., and Thursdays from 2:30 until 3:30. Your child will need to wear tennis shoes and shorts and will be allowed to change at school. Please send a water bottle with your athlete to practice.

Practice will begin on Tuesday, August 22, 2017 at 2:30. Please make arrangements to pick up your son or daughter.

Thank you for encouraging your child to run for Colfax Elementary School.

Sincerely,

Liz Struve - e_struve@yahoo.com
Cross Country Coach



2017 BOYS VOLLEYBALL

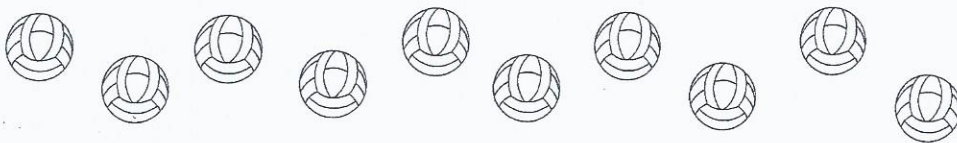
WANNA PLAY???

INFORMATION & MORE...

Tuesday (Tomorrow) August 15, 2017
Meet on the grass next to the gym after school.

Practices will be Tuesdays-Fridays from 2:30 to 4:00

Games will start in late September



Please see Mrs. Jay with any questions.



COLFAX GIRLS BASKETBALL

Dear Parents and Athletes,

We are excited to have your daughter on the girls basketball team this year, and look forward to a successful season. It is important that players are at each practice in order to be prepared for the games. Please avoid scheduling appointments or other activities that will interfere with practices. If your daughter has a conflict with a game or practice please encourage them to communicate that to me ahead of time. I will do my best to get the girls out of practice on time, so please be prepared to pick them up on time.

If you are not able to get your daughter to away games you need to make arrangement with another parent or myself to ensure she has a ride to and from the games. Athletes are only able to travel to and from games with another parent/guardian or coach if they are cleared to drive through our district office. If you are able to drive other athletes please complete the paperwork for clearance ASAP, it is included in the Athletic paperwork sent home today. If you are not cleared to drive through the office, please **DO NOT** offer to drive another student, other than your own.

GO LADY BULLDOGS!!

Please let me know if you have any questions.

Nicole Henry, Coach

(916) 276-3066

nhenry@colfax.k12.ca.us

COLFAX GIRLS BASKETBALL

August

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
21 Practice 130-3:30	22 Practice 2:30-4:30	23 Practice 2:30-4:30	24 Practice 2:30-4:30	25 Practice 2:30-4:30
28 Practice 1:30-3:30	29 Practice 2:30-4:30	30 Practice 2:30-4:30	31 Practice 2:30-4:30	1 Practice 2:30-4:30

September

4 No School No Practice	5 COLFAX @ WSCA	6 Practice 2:30-4:30	7 WEIMAR @ COLFAX	8 Practice 2:30-4:30
11 Practice 1:30-3:30	12 COLFAX @ BOWMAN	13 Practice 2:30-4:30	14 MMCA@ COLFAX	15 Practice 2:30-4:30
18 Practice 1:30-3:30	19 COLFAX @ JOHN ADAMS	20 FORESTHILL @ COLFAX	21 GATEWAY @ COLFAX	22 Practice 2:30-4:30
25 Practice 1:30-3:30	26 WSCA @ COLFAX	27 COLFAX @ WEIMAR	28 BOWMAN @ COLFAX	29 Practice 2:30-4:30

October

2 Practice 1:30-3:30	3 COLFAX @ MMCA	4 Practice 2:30-4:30	5 JOHN ADAMS @ COLFAX	6 Practice 2:30-4:30
9 COLFAX @ FORESTHILL	10 COLFAX @ GATEWAY	11 8th Practice 2:30-4:30	12 <i>8th tournament Time & place TBA</i>	13 <i>8th tournament Time & place TBA</i>

7th grade games start at 3:45 (players arrive at least 20 minutes prior)

8th grade game to follow