



2022-2023

Boys & Girls

FBMS Track & Field Season

IMPORTANT DATES & INFORMATION:

- Come in athletic wear (tshirt/shorts) & bring your own water bottle!
- All paperwork **MUST** be turned in by FEBRUARY 10TH, FRIDAY to Coach Obeng (for boys) or Coach McBride (for girls)
- An **up-to-date physical, insurance card and athletic insurance waiver**, or **HISD insurance receipt** are REQUIRED, to attend our first team practice.

Start Time & Date: Practice will begin IMMEDIATELY after dismissal;
Athletes need to be outside by **4:10pm**

BOYS - (Monday) February 13, 2023

GIRLS - (Wednesday) February 15, 2023

If you have any questions, contact Coach Obeng at Austin.obeng@houstonisd.org or Coach McBride at erin.mcbride@houstonisd.org