

# Monday, March 19, 2018

**Cardinal Coop Athletic Banquet** to be held March 26 @ 6:30 in the Langdon HS gym. Those invited include any Elementary & HS sports - athlete and their parents. A meal will be served and then recognition and awards to follow.

## **BREAKFAST & LUNCH**

### **Today:**

- stroganoff, corn, dinner rolls, salad & sauce

### **Tuesday:**

- **Breakfast**-French toast sticks, juice & fruit
- **Lunch**-French dip, French fries, beans, salad & fruit

## **THIS WEEKS ACTIVITIES**

### **Monday:**

- Regional Academic Olympics @ Northwood

#### **Practices:**

- Shooting Sports @ Edmore
- Track @ LHS (no JH track today)
- 3 & 4 VB @ LES
- Baseball @ LHS

### **Tuesday:**

- ACT 8:15
- Homework Club

#### **Games:**

- Track (V) @ Belcourt 2:30

#### **Practices:**

- Track @ LHS
- 3 & 4 VB @ LES
- Baseball @ LHS

### **Wednesday:**

- Driver's Education 3:30-6:30

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Thursday:**

#### **Practices:**

- Track @ LHS
- 3 & 4 VB @ LES
- Baseball @ LHS

### **Friday:**

- End of 3<sup>rd</sup> Qtr.

#### **Practices:**

- Track @ LHS
- Baseball @ LHS

### **Saturday:**

#### **Games:**

- Track (V) @ UND 2:30

Any girls in grades 7-9 interested in finding out more about or attending the "**Expanding Your Horizons**" **Conference** at NDSU on April 7, please see Mrs. Henry.

**Have a great day!!**