

## Boys Track & Field Optional Order

The following is a list of optional items we make available for the track athletes to purchase. They are not mandatory to buy. Extra t-shirts and sweatshirts can be bought for the family if desired. Return this form with quantities and sizes. **Cash or check. Make all checks payable to Crystal Lake Central.**  
**Due by Monday 3/5.**

**Gatorade recovery shakes and Protein Bars: \$20.00 for the rest of the year.**

Shakes: Chocolate or Vanilla Protein Bars: Chocolate Chip or Carmel

We will store the shakes at school and give out a shake and a protein bar on workout days. If you have any questions, contact Coach Eschman (weschman@d155.org)

**T-shirts: (Black) \$11 for short sleeve**



Name:

\$20 Gatorade Shakes and Bars

Shakes: Chocolate or Vanilla

Bars: Chocolate Chip or Carmel

\$11 T-shirt

Size(s)?

\$36 Sweatshirt

Size(s) ?

\$Total: \_\_\_\_\_

**Hooded Sweatshirts \$36 Color: Anthracite**

