

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
<p>23</p> <p>BACK 2 SCHOOL</p>	<p>24</p> <p>Girls Track Meeting - Room 202 - 3:00 - 3:45</p>	<p>25</p> <p>First Day of Girls Track Practice - 3:05 - 4:15</p> <p>Introduction</p> <ul style="list-style-type: none"> - Dynamic Warm up - Tech Work (Wall Switches) - Build up Sprints (Jog/Sprint/Jog) 	<p>26</p> <p>Girls Track Practice - 3:05 - 4:15</p> <p>Introduction</p> <ul style="list-style-type: none"> - Dynamic Warm up - Tech Work (Wall Switches) - Ladder (200m,300m,400m) 	<p>27</p> <p>Girls Track Practice - 3:05 - 4:15</p> <p>Introduction</p> <ul style="list-style-type: none"> - Dynamic Warm up - S.L. POGOS - Weight Room
<p>30</p> <p>NO PRACTICE (no school)</p>	<p>31</p> <p>Girls Track Practice: 3:05 - 4:15</p> <p>Practice Plan</p> <ul style="list-style-type: none"> - Dynamic Warm up - Tech Work (Hip Switches) - Build up Sprints (Jog/Sprint/Jog) 			

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Girls Track Practice: 3:05 - 4:15</p> <p>Practice Plan</p> <ul style="list-style-type: none"> - Dynamic Warm up - Tech Work (Hip Switches) - Ladder (200m/300m/400m) (400m/500m/600m) 	<p>2</p> <p>Practice @ Wash Track?</p>	<p>3</p> <p>Girls Track Practice - 3:05 - 4:15</p> <p>Introduction</p> <ul style="list-style-type: none"> - Dynamic Warm up - POGOS - Weight Room
6	7	8	9	10
<p>13</p> <p>Boys & Girls Track Meet @ Kingston Stadium</p>	<p>14</p> <p>Practice @ Wash Track?</p>	15	<p>16</p> <p>Practice @ Wash Track?</p>	<p>17</p> <p>NO PRACTICE (no school)</p>
20	<p>21</p> <p>Boys & Girls Track Meet @ Xavier</p>	22	23	24
27	<p>28</p> <p>Boys & Girls Track Meet @ Franklin Field</p>	29	<p>30</p> <p>NO PRACTICE (no school)</p>	

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO PRACTICE (no school)
4	5	6	7 Girls Track Meet @ Franklin Field	8
11 NO PRACTICE (no school)	12	13	14	15
18 7th Boys & Girls City Track Meet	19 8th Boys & Girls City Track Meet	20	21	22
25	26	27	28	29