



# 2019 Junior High Track Preseason

5<sup>th</sup> Grade through 8<sup>th</sup> Grade Athletes

**January 14<sup>th</sup> through January 31<sup>st</sup>**

Monday through Thursday 3:30-4:45pm

Mondays and Wednesdays will be strength and agility  
Tuesdays and Thursdays will be focused on speed



Follow @alaqcjhtrack on Instagram for updates

Contact Coach Brewer with any questions

Phone – 602-308-5964 | Email – [dbrewer@alascchools.org](mailto:dbrewer@alascchools.org)

Regular season workouts begin February 4<sup>th</sup>. Please email coach if you are interested in receiving track updates but will not be able to participate in preseason.

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Athlete Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Please include \$20 or check payable to ALA Boosters (JH Track in Memo)  
Due first day of practice