

## 2019 High School Track and Field Pre-Season



**When: Monday, January 7 - Friday, February 1st**

**Where: The Track and weight room**

**Time: 3:30- 4:45**

**Days: Monday, Wednesday, Friday**

**What: - Monday and Friday we will focus on track work, form, and conditioning.**

**Wednesday - Weight room - Strength training day ( this day is vital to a successful track and field season).**

**Cost : \$ 25 per athlete - \$20 each for 2 or more siblings (all funds will go into our track and field program)**

Pre- season - Please return in an envelope with athlete's name on it by 1/7/2019

Athletes Name:
Parent Name:
Parent Email Address:
\$25 for one athlete or \$20 for two or more ---
Total Enclosed: (Checks payable to ALA booster / Track and Field in the note)