

2018 Track and Field Pre-Season



When: Wednesday, January 3 - Thursday, February 1st

Where: The Track

Time: 3:30- 4:45

Days: High School- Monday- Thursday
Junior High- Tuesday and Thursday

What: - Monday and Wednesday will be a High School Strength training focused (weight training is a track and field necessity)

-Tuesday and Thursday we will focus on track work, form, and conditioning.

Cost : \$ 30 per athlete - \$25 each for 2 or more siblings (all funds will go into our track and field programs)

Pre- season - Please return in an envelope with athlete's name on it by 1/3/2018

Athletes Name:
Parent Name:
Parent Email Address:
\$30 for one athlete or \$25 for two or more ---
Total Enclosed: (Checks payable to ALA booster / Track and Field in the note)