

March 2025-Track

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>***All track practices are mandatory for the remainder of the season. If you are at school, we expect you at practice/the meet.</p>	<p>3</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (only those doing shot put)</p>	<p>4</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (hurdlers)</p>	<p>5</p> <p>Practice After-school until 4:30 (EVERYONE)</p>	<p>6</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (discus)</p>	<p>7</p> <p>**All practices are mandatory, including Eastside. There is no bus so you will need to find your own ride. Many athletes in the past have set up carpools.</p>	<p>8</p> <p>We rarely cancel practices but sometimes, due to weather, we need to change an Eastside practice to school so that we can practice indoors.</p>
<p>9</p> <p>***Please bring: to EVERY practice/meet 1. water bottle 2. running shoes 3. shorts & t-shirt 4. jogging/wind pants 5. sweatshirt</p>	<p>10</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (only those doing shot put)</p>	<p>11</p> <p>Practice@ Eastside 4:30-5:45(EVERYONE) 5:45-6:15 (only those doing long jump)</p>	<p>12</p> <p>Practice@ Eastside 4:30-5:45(EVERYONE) 5:45-6:15 (only those doing long jump)</p>	<p>13</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (only those doing hurdles)</p>	<p>14</p> <p>***Pushing for State" participants only After-school until 4:30</p>	<p>15</p> <p>If you can help to drive some athletes to and from Eastside if they don't have a ride please let me know. We have always had generous families in the past help those that need a ride.</p>
<p>16</p> <p>"Winning is fun...Sure. But winning is not the point. Wanting to win is the point. Not giving up is the point. Never letting up is the point.</p>	<p>17</p> <p>Practice@ Eastside 4:30-5:45(EVERYONE) 5:45-6:15 (only those doing long jump)</p>	<p>18</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (only those doing discus)</p>	<p>19</p> <p>Meet@ Eastside at 4:30 *Athletes should be dropped off by 3:45 in full uniform to stretch and help set up. -Volunteers appreciated</p>	<p>20</p> <p>Practice After-school until 4:30 (EVERYONE) 4:30-5:15 (only those doing shot put AND hurdles)</p>	<p>21</p> <p>***Pushing for State" participants only After-school until 4:30</p>	<p>22</p> <p>"Champions play as they practice. Create a consistency of excellence in all your habits." -Coach Krzyzewski</p>
<p>Never being satisfied with what you've done is the point." -Coach Pat Summitt</p>	<p>24</p> <p>Spring Break Stretch, do core, and run when you can</p>	<p>25</p> <p>Stretch, do core, and run when you can</p>	<p>26</p> <p>"Going to practice is the most minimal thing that you can do. EVERYONE goes to practice. Champions are great because of what they do outside of practice." -Julie Reed</p>	<p>27</p> <p>Stretch, do core, and run when you can</p>	<p>28</p> <p>Stretch, do core, and run when you can</p>	<p>29</p> <p>"Confidence doesn't come out of nowhere. It comes from hours, days, weeks, and years of</p>
<p>30</p> <p>Practice like you NEVER won. Perform like you never lost.</p>	<p>31</p> <p>Practice After-school until 4:30 (EVERYONE)</p>	<p>April 1</p> <p>Practice After-school until 4:30 (EVERYONE)</p>	<p>2</p> <p>Practice@ Eastside 4:30-5:45(EVERYONE) 5:45-6:15 (only those doing long jump)</p>	<p>3</p> <p>Practice@ Eastside 4:30-5:45(EVERYONE) 5:45-6:15 (only those doing hurdles)</p>	<p>4</p> <p>***Pushing for State" participants only After-school until 4:30</p>	<p>work and the success that comes from that work."</p>