

February 2019-Track Open Gym/Practice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please bring shorts and <u>good running shoes</u> to each Open Gym -basketball shoes don't work well	-Most Open Gyms will be indoors, but please bring sweats on days where it seems warm enough to go outside.	Please bring shorts and sweats to all Mandatory Practices. <i><u>*Please also bring a water bottle to all practices*</u></i>	Open Gyms are highly recommended but optional.	1 Practices are mandatory. -The missing of practices may lead to not participating in meets.	2
3	4 Track Open Gym After School-4:15	5	6 Track Open Gym After School-4:15	7	8	9
10	11 Track Open Gym After School-4:30	12 Track Open Gym After School-4:30	13	14	15	16
17	18 Track Open Gym After School-4:30	19 Track Open Gym After School-4:30	20	21 Track Open Gym After School-4:30	22	23
24	25 First Mandatory Day of Practice for Non-Volleyball Players After School-4:30	26 Mandatory Day of Practice for Non-Volleyball Players After School-4:30	27 Mandatory Day of Practice for Non-Volleyball Players After School-4:30	28 Mandatory Day of Practice for Non-Volleyball Players After School-4:30	March 1	2