

February 2020-Track Open Gyms

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	I would LOVE to have a lot of both boys and girls on this year's team.	Come out and give us a try :)	***Please wear GOOD RUNNING shoes and shorts to all practices. Have sweats in a gym bag in case we go out.	6 ***Please bring a WATER BOTTLE to all practices**	7	8
9	10 Volleyball home game –try to go to the game and support the team if you can	11 VB Home Game– Wear pajamas to school for Spirit Day	12 Track Open Gym #1 After school– 4:00 *Change in the locker room after school and meet in Mr. S.'s room*	13 Track Open Gym #2 After School– 4:15 *Change in the locker room after school and SIT in the gym.	14	15
16	17 President's Day No School	18 Volleyball Home Game	19 Track Open Gym #3 After School– 4:15 *Change in the locker room after school and meet in Mr. S.'s room*	20 Volleyball Home Game- Track athletes and coaches try to come to support as a team	21	22
23	24 Track Open Gym #4 After School– 4:30 *Change in the locker room after school and meet in Mr. S.'s room*	25 Volleyball Home Game	26 Track Open Gym #5 After School– 4:30 *Change in the locker room after school and SIT in the gym.	27 Stretch, do core, and rest up independently to get ready for Monday's first day of practice.	28	29
March 1 ALL practices become mandatory starting March 2 -those at school are expected at practice	2 MANDATORY practice begins today for all non-volleyball players After school-4:30	3 Practice After School-4:30	4 Practice After School-4:30	5 Practice After School-4:30	6	7