

# March 2020-Track

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Water bottles required for ALL practices.</i>	2 <b>MANDATORY</b> practices begin 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 <b>**Volleyball players join after your last game of the season.**</b>
8 Team uniforms, including sweats, will be handed out before our first meet. Until then, bring your own sweats.	9 Practice After School- 4:45	10 Practice After School- 4:45	11 Practice at Eastside 4:30-6:10 <b>**May be switched to after school weather permitting</b>	12 Practice After School- 4:45	13 End of the third quarter -Start off the 4th quarter with GREAT grades	14
15	16 Practice at Eastside 4:30-6:10 <b>**May be switched to after school weather permitting</b>	17 Practice After School- 4:45	18 Practice at Eastside 4:30-6:10 <b>**May be switched to after school weather permitting</b>	19 Practice After School- 4:45	20	21
22	23 <b>Spring Break</b> Please get in at least a small workout, <u>including core exercises</u> , each day.	24 <b>Spring Break</b> <i>We have our first meet the second day after break</i>	25 <b>Spring Break</b> <i>Workouts are more fun with a friend. Grab a teammate and get in a workout.</i>	26 <b>Spring Break</b>	27 <b>Greatness is earned.</b> Many of our best Robein track athletes from the past years used this time to get <u>ahead</u> .	28
29 <i>Please plan on staying until the end of each meet to cheer on your teammates.</i>	30 Practice at Eastside 4:30-6:10 <b>**May be switched to after school weather permitting</b>	31 Practice Meet against East Peoria Central @ 4:30 at Eastside <b>*Volunteers needed*</b>	April 1 Practice at Eastside 4:30-6:10 <b>**May be switched to after school weather permitting</b>	2 Practice After School- 4:45	3	4