## 2020 Eagle Track Preseason Conditioning

Starting Tuesday, February 4, there will be several track preseason conditioning days. The purpose of the conditioning days are to prepare athletes for the upcoming track season. Any/all athletes are invited to participate. *Participation in preseason conditioning is NOT required for participation during the track season*, but is recommended.

Preseason Days:	Week One: Tuesday, Feb. 4 and Thursday Feb. 6
	Week Two: Tuesday, Feb. 11 and Thursday, Feb. 13
	Week Three: Tuesday, Feb. 18 and Wednesday, Feb. 20

Time: Meet at 2:30 in the Oak Canyon Junior High Weight Room.

Workouts will consist of YOUR CHOICE of:	1) (Ability) Group distance runs
	2) Sprint intervals
	3) Field Events / Strength Training

## 2020 Eagle Track Season officially begins on Monday, February 24

At this point, permission forms, physical forms, and \$25 participation fee will be required. They MUST be turned in before participation at the first track meet.

Events:Distance-800m, 1600m, 3200m (3200m is for 9th graders)Sprints- 100m, 200m, 400m, 4x100 relay, 4x400 relayField- High Jump, Long Jump, Shot Put

## **Eligibility:**

\* \$25 participation fee paid to the Financial Office

- \* Have at least a 2.0 GPA with no more than one F grade in 3<sup>rd</sup> quarter (District Requirement)
- \* Permission form signed (a new permission form is required each year)
- \* Physical form on file at school (physical must be within the past year)

Practice Schedule: More information will be coming soon.

Meet Schedule: Will be given as it becomes available.