

OFF SEASON TRACK TRAINING

NOVEMBER – FEBRUARY 28TH



FOR ALL TRACK ATHLETES

UNLESS YOU ARE PARTICIPATING IN A FALL OR WINTER SPORT

ATHLETES NEED THE FOLLOWING TO PARTICIPATE

1. A PARTICIPATION FORM
2. A VALID PHYSICAL ON FILE

*IF YOU HAVE REGISTERED FOR A FALL SPORT, YOUR INFORMATION WILL BE SAVED, THEREFORE REGISTERING FOR ANOTHER SPORT WILL BE A MUCH SHORTER PROCESS THAN THE FIRST TIME. QUESTIONS? SEE THE ATHLETIC OFFICE.



SPRINTERS HURDLERS JUMPERS	DISTANCE RUNNERS	THROWERS
STARTING NOV 12TH M/TU/W/TH 3:45 – 4:45	EVERY DAY STARTING AFTER XC SEASON IS OVER	START DEPENDENT ON THE END OF SUNSET'S FOOTBALL SEASON 3:45 – 4:45

QUESTIONS? SEE...

COACH FORD IN T-7
COACH ARELLANO IN 3-12
COACH LOWERY IN 1-12

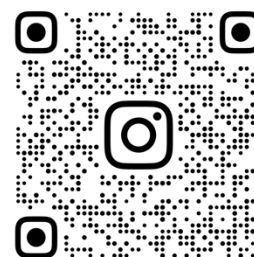
COACH NEEWAY IN H-9
COACH ROZENDAAL IN T-3
COACH KINOSHITA IN T-5

**YOU CAN FIND MORE INFORMATION ABOUT
SUNSET TRACK AND FIELD ON...**

SUNSETTRACK.COM



INSTAGRAM



APOLLOSTF