

Middle School Track Practice Schedule 2011

(schedule will be adjusted when meets are added)

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>Students need to bring:</i></p> <p>1. Water bottle/label with name</p>	<p>MARCH 21</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CHURCH GYM</p>	<p>22</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p>	<p>23</p> <p>CHURCH NIGHT</p> <p>No practice on Wednesday's</p>	<p>24</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p>	<p>25</p> <p>TRACK PRACTICE 3:30-5:00</p> <p>CH GYM</p>	<p><i>On practice days, students are to be in tutorials or supervised study hall in</i></p>
<p>2. CPC</p> <p><i>Appropriate athletic attire- shorts (knee length) shirt (no sleeveless) & sweats</i></p>	<p>28</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>Then bus to NORTH SHORE JR HIGH</p>	<p>29</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>30</p> <p>CHURCH NIGHT</p>	<p>31</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>1 APRIL</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p><i>Church Gym until the start of practice.</i></p> <p>**Students need to be picked up at Cedar Park or</p>
<p><i>Be ready for inclement weather</i></p> <p>4. Tape if needed</p>	<p>4</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>5</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>6</p> <p>CHURCH NIGHT</p>	<p>7</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>8</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p><i>Northshore Jr. High depending on practice location.</i></p> <p>**Students must be academically</p>
<p>10</p>	<p>11</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>12</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>13</p> <p>CHURCH NIGHT</p>	<p>14</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p>15</p> <p>TRACK PRACTICE 3:30-5:30</p> <p>CH GYM</p> <p>NS JR HIGH</p>	<p><i>eligible in order to compete at meets but may still practice with the team if</i></p>

17	18 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	19 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	20 CHURCH NIGHT	21 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	22 GOOD FRIDAY NO PRACTICE	23 <i>academically ineligible</i>
24	25 EASTER BREAK NO Practice this week	26 EASTER BREAK	27 EASTER BREAK	28 EASTER BREAK	29 EASTER BREAK	30
1 <u>MAY</u>	2 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	3 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	4 CHURCH NIGHT	5 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	6 TRACK MEET LW HS Depart 2:15 on bus Return 7:30pm	7
8	9 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	10 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	11 CHURCH NIGHT	12 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	13 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	14
15	16 TRACK PRACTICE 3:30-5:30 CH GYM NS JRHIGH	17 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	18 CHURCH NIGHT	19 TRACK PRACTICE 3:30-5:30 CH GYM NS JR HIGH	20 TURN IN UNIFORMS	NOTE: <i>Tuesday, June 1st at 7:00PM is Spring Sports Awards Night</i>