

MARCH & APRIL 2016

SUBJECT Track & Field

PERIOD 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

WEEK 0

	1	2	3 Athlete meeting, sign-ups	4	5/6
notes					

WEEK 1

7 X	8 Shot put Relays Distance	9 Hurdles Long Jump Sprints	10 High Jump Shot Put Relays Distance	11 X	12/13
notes	1 st Day of Practice	Practice 3:15-4:45	Practice 3:15-4:45	No Practice	

WEEK 2

14 High Jump Hurdles Long Jump Sprints	15 Shot put Relays Distance	16 Hurdles Long Jump Sprints	17 High Jump Shot Put Relays Distance	18 X	19/20
notes Practice 3:15-4:45	Practice 3:15-4:45	Practice 3:15-4:45	Practice 3:15-4:45	No Practice	Spring Break

WEEK 3

21 X	22 X	23 X	24 X	25 X	26/27
notes Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

WEEK 4

28 X	29 Shot put Relays Distance	30 Hurdles Long Jump Sprints	31 1 st Meet! Hosting at Placer High	1 X	
notes Spring Break	Practice 3:15-4:45	Practice 3:15-4:45	We need Parent Volunteers	No Practice	



WEEK 5 (April)

4 High Jump Hurdles Long Jump Sprints	5 Shot put Relays Distance	6 X Placer Home Meet	7 Track Meet @ Chilton Middle School	8 X	
notes Practice 3:15-4:45	Practice 3:15-4:45	No Practice	4501 Bob Doyle Dr, Roseville	No Practice	

APRIL & MAY 2016

SUBJECT Track & Field

PERIOD 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 6	11 High Jump Hurdles Long Jump Sprints notes Practice 3:15-4:45	12 Shot put Relays Distance Practice 3:15-4:45	13 Track Meet @ Roseville High School 1 Tiger Way, Roseville, CA	14 High Jump Shot Put Relays Distance Practice 3:15-4:45	15  No Practice	16/17
WEEK 7	18 High Jump Hurdles Long Jump Sprints notes Practice 3:15-4:45	19 Shot put Relays Distance Practice 3:15-4:45	20  Placer Home Meet No Practice	21 Track Meet @ Springview Middle School 5040 5th St, Rocklin	22  No Practice	23/24
WEEK 8	25 High Jump Hurdles Long Jump Sprints notes Practice 3:15-4:45	26 Division Trials @ Center High School 3111 Center Ct Ln, Antelope	27  Placer Home Meet No Practice	28 Practice Dependent on Trials Results Practice 3:15-4:45	29  No Practice	30/1
WEEK 9 (May)	2 Practice Dependent on Trials Results notes Practice 3:15-4:45	3 Practice Dependent on Trials Results Practice 3:15-4:45	4 Practice Dependent on Trials Results Practice 3:15-4:45	5 League Finals @ Center High School 3111 Center Ct Ln, Antelope	6  No Practice	

League Website:

<http://bit.ly/FISALsports>

Remind 101 Text Message Reminder:

Text: [@evctrk](https://www.remind101.com/) to the number **81010**

Contact Head Coach:

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