



MAULDIN TRACK AND FIELD 2009

Important Information and Dates to Remember



Track Conditioning Schedule

- ✦ Track Conditioning Begins **Monday, November 17 at 4pm**
- ✦ Conditioning will be held **Monday, Tuesday, and Thursdays from 4pm-5:15 or 5:30**
- ✦ Christmas Break: **December 22 – January 2**
- ✦ Conditioning resumes on **Monday, January 5** at normal time.
- ✦ **BE ON TIME!!!**
- ✦ Listen for announcements for change in schedule

ATTENDANCE EACH DAY IS EXPECTED IF YOU WANT TO BE SUCCESSFUL AS A TEAM AND AS AN INDIVIDUAL!!!

DRESS APPROPRIATELY FOR THE WEATHER!!!

Please bring water or Gatorade with you to conditioning. Be sure to eat a good lunch.

Dress in the locker rooms and bring your belongings with you to the fields. You will not be allowed back in the building.

Make sure you rides are here ON TIME!

Make sure you have a good pair of running shoes or cross trainers. Will cut down on shin splints and tired legs. DO NOT WEAR SPIKES!!

**THESE ARE NOT
RUNNING SHOES!!**

**AIR FORCES ONES, JORDAN'S, VANS, CHUCKS,
STARBURY'S, 2 for \$89 NEW BALANCES!!**

If you have not participated in a sport this year:

All completed paperwork (the entire packet) is due back to Coach Harris (Boys), Coach Michel or Coach Holmes (Girls) by DECEMBER 19.

Make sure you are taking care of business in the classroom.

YOU MUST PASS 5 out of 7 classes.

2 of the 5 must be Math and English.

Official season practice begins on Tuesday, February 2 for eligible athletes with completed paperwork or those who have competed in fall/winter sports.