

AL TRACK PRACTICES OVERVIEW 2024

(Revised 03/05/24)

ALL ATHLETES for ALL practices need to come to every practice dressed in layers and prepared for outdoor and indoor exercise (t-shirt, shorts, sweatpants/tights, sweatshirts, hats and gloves are necessary). The weather here changes quickly. We will do our best to NOT cancel any Middle and high school practices this year due to inclement weather.

HS Full Practices Begin (Feb 29-Feb 2)

High School practices start **Monday, February 29** (3:15-5:00pm) at the Armour Turf Field. Our high school team has doubled in size this year to 25 athletes. We are offering a week of practices focused on just our HS athletes to prepare them for their early competition and to serve as mentors to our MS athletes when they start practice.

MS Full Practices Begin (March 4 - March 9)

In order to maximize our limited facilities and coaching availability, our MS athletes will be sharing space and coaching with HS athletes. We anticipate roughly 120 MS athletes to join track (about 42% of the MS student body). The first week of MS will focus on conditioning and skill/baseline assessments. During this week, athletes should attend any and all practices for the events that interest them. No experience needed. At the end of the week, we will assign your athlete/s to one of the primary event groups and will provide recommendations for a practice schedule. We ask that our MS athletes attend at least 3 days of practice each week (not to exceed 4 practices weekly).

See the *AL HS and MS Practices by Event 2024* under Documents on our webpage for details.

4th and 5th Grade Practices Begin (March 27 - April 5)

Our 4th and 5th Grade Track Development Program will be held on Mondays and Wednesdays 5:30pm-6:30pm at the Armour Turf Field (unless otherwise scheduled). We have at least one meet to attend, the Sion Fun Meet on the morning of April 6 (more details to come).