

AL MS TRACK PRACTICES OVERVIEW 2026

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 School practices this year due to inclement weather. PLEASE check email and the [Track calendar](#) in the event of bad weather.

MS Full Practices Begin (March 2 - March 6)

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).

4th and 5th Grade Practices Begin (March 10)

Our 4th and 5th Grade Track Development Program will be held on Tuesdays and Thursdays 5:45pm-6:45pm at the Armour Turf Field (unless otherwise scheduled).