

February Break Practice Schedule

Sat. 2-13-10: Off day

Sun. 2-14-10 60 minute run + strides and drills on your own

Mon 2-15-10 All-Comers Meet @ Union 8:00-12:00 7:00AM Bus (School **will not be open at all**)

Tues. 2-16-10: Practice 9:00-11:00

Wed. 2-17-10 Practice 9:00-11:00

Thurs. 2-18-10 9:00 bus to Shen for practice followed by Sectional Pole Vault/Shot Put competition. Dress warm, bring a change of clothes and food for after practice while we support our teammates who are competing in the shot put and pole vault. We will have a bus returning to the school after the competition ends (probably around 12:00).

Fri. 2-19-10 Practice 9:00-11:00

Sat. 2-20-10: **CLASS A SECTIONALS@UALBANY 8:00-12:00.** 7:00AM
BUS WITH ALL ATHLETES RIDING THE BUS TO AND FROM THE
MEET AS A TEAM.