



Track & field Offseason conditioning 25-26



Register My Athlete: Clearance must be complete, all fees paid, and physicals completed if needed. (freshman, juniors and any first-time athletes need a physical)

Offseason Conditioning Info

- Voluntary conditioning practice schedule Nov/Dec (Weather permitting).
 - Week of Nov 24th – Mon, Tue, Wed
 - Week of Dec 1st – Mon, Wed, Thur
 - Week of Dec 8th – Mon, Wed, Thur
 - Week of Dec 15th – Mon, Wed, Thur
 - Week of Dec 22nd – Mon, Tue
 - Week of Dec 29th – Mon, Tue
- 3pm-4:30ish on the McQueen Track
- Indoor Track meets will continue this winter, schedule TBD.
- Be sure to bring your own water, extra water, extra socks, extra layers of clothing, good running shoes and a positive attitude!
- First official Day of Track: Saturday February 14th @9am on the McQueen track. There will be practice Monday February 16th (President's Day holiday)**
- Practice during the regular season will be Mon-Friday @3pm-5:30pm up on the track with most meets on Saturdays.**

Offseason conditioning program for Track and Field will begin Monday November 24th. Conditioning for the season and get to know the team! All athletes not in season for winter sports are welcome!!!

⇒ Join Remind app for updates
Track & Field: @mcqtf2 @mcqtf

⇒ Track season schedule can be found on athletic.net (Schedule subject to change)
<https://www.athletic.net/team/2494/track-and-field-outdoor/2024>

Any questions contact Coach Paul
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"You don't have to be great to start but you have to start to be great." –Zig Ziglar