



Track & field Offseason conditioning 23-24



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 practices vary by Month. Check Remind app.

- Week of Jan 8th – Mon, Tue, Wed
- Week of Jan 15th – Mon, Wed, Fri
- Week of Jan 22nd – Tue, Wed, Fri
- Week of Jan 29th – Tue, Wed, Fri
- Week of Feb 5th – Mon, Tue, Wed

- 3pm-4:30ish on the McQueen Track
- 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 17th @9am on the McQueen track. There will be practice Monday February 19th (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 27th**. Come get some conditioning in for the season and get to know the team! All athletes not in season for winters sports are welcome!!!

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

⇒ 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