

Winter Track Conditioning 2018

When: Monday, Wednesday & Thursday
Tuesday will be for anyone who wants to hurdle and
a small group of varsity throwers

Time: 3:00- 5:30 pm

Where: Meet upstairs in the back of central

Who: any athlete interested in training with the team
and getting in shape for the outdoor track season

*If we do not have school then we will not have practice

*This will run from 1/10-3/1/18 and then we will start
official practice on Monday 3/5/18

Questions- contact coach Somerlot at matt.somerlot@centerville.k12.oh.us