

SATURDAY 12/05 TODAY'S OBJECTIVES – GIRLS' TRACK TEAM 9-11:30 am

1. **CONDITIONING** for other athletes will continue under the directions of your primary coach.
2. Monday there will be a longer timed run for some team members, It will most likely be 1 mile.
3. High Jumpers and shot putters will go to their assigned primary field event coach for directions as opposed to reporting to your primary running coach who might be different should you be preparing in more than one event. Saturdays are generally good technique days.
4. You should complete today's' practice with an emerging/developing understanding of where you might fit into the team. Remember that this is fluid and can and will change based on how you develop athletically throughout the season.
5. You will continue to understand your daily routine, who will be responsible for your daily event training and who your training partners will be.
6. **YOU SHOULD KNOW WHERE TO GO TO DOWNLOAD INFORMATION REGARDING TEAM EVENTS FOR THE SEASON.** (www.mlxctrack.com/LexGirls.html)
7. You should understand that you **ARE NOT REQUIRED** to attend all varsity events if a JV athlete or all JV events if a varsity athlete, but based on your own assessment of school and family obligations you are invited to attend.