

OZARK TIGERS TRACK SEASON



PRE-SEASON INFORMATION

WHO- ALL 7th & 8th BOYS/GIRLS STUDENT ATHLETES

WHAT- JH TRACK

WHERE- JH GYM, PRACTICE FIELD

WHEN- MONDAY, FEBRUARY 24th 2:50-4:45pm

WHY-

- ★ Speed is lethal- Speed is needed in all sports
- ★ Compete
- ★ More burst
- ★ Mental toughness/Discipline
- ★ Grit
- ★ Get a tan
- ★ Enjoy outdoor weather
- ★ Release from your academic responsibilities early
- ★ You haven't ran your fastest time yet
- ★ **102 out of 106 super bowl athletes ran track during JH/HS**
- ★ **Success** isn't given, it's earned
- ★ Also, white water opens in 106 days.....