

**GPHS**



# Track

*Run for us!*

popular sport that involves various running, jumping, and throwing event. The sport emphasizes both individual achievement and team competition, as athletes accumulate points for their school.

**Physical fitness**

**Skill development and Versatility**

**Personal Growth and Discipline.**

**Team Spirit and Social interaction**

## *Skills*

**Mental skills**

**Social skills**

**Technical skills**

**Athletic skills**

## *Future Careers*

With the skills and experience that you can obtain during Track at GPHS you may want to pursue a career related to:  
Coaching, Physical Therapist, Sports Broadcasting.

