



Track & field Offseason conditioning 26-27



Register My Athlete: Clearance must be complete, all fees paid, and physicals completed if needed. (Physicals required yearly and before participating in preseason workouts)

Offseason Conditioning Info

- Voluntary conditioning practices will start in November 2026 after Fall Sports Season (Weather permitting).
- 3:15pm-4:30ish on the McQueen Track
- Indoor Track meet schedule TBD
- 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 13th @9am on the McQueen track. There will be practice Monday February 15th (President's Day holiday)**
- Practice during the regular season will be Mon-Friday @3:15pm-5:30pm up on the track with most meets on Saturdays.**



Offseason conditioning program for Track and Field continues until start of the season.

Get to know the team! All athletes not in season for winter sports are able to participate!

⇒ 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