# EHS TRACK AND FIELD NEWS AND EVENTS

## UPCOMING EVENTS

### FUNDRAISING - CONCESSIONS

SIGN-UP LINK

- GIRLS BASKETBALL JANUARY 6TH
- GIRLS BASKETBALL JANUARY 8TH
- WRESTLING JANUARY 22ND



### OFFSEASON STRENGTH AND CONDITIONING

TUESDAYS AND THURSDAYS - JANUARY 6TH - MARCH 2ND

4:00 - 5:30 PM - WEIGHT ROOM

## TRACK PROGRAM

## INFORMATIONAL MEETING

WEDNESDAY JANUARY 14TH

4:00-5:30 PM IN CAFETERIA COMMUNITY ROOM G113

- PROGRAM EXPECTATIONS
  - PARENTS/GUARDIANS AND STUDENT-ATHLETES
  - STANDARDS, CONDUCT, UNIFORMS, INFORMATION
  - SLIDES WILL BE SHARED ON SPORTSYOU




LINK



## CHECK THIS OUT AND SHARE IT!

## 1ST DAY OF PRACTICE IS MARCH 9TH

TRACK AND FIELD SPORTSYOU CODE: AHYLQPSQ

TRACK AND FIELD INSTAGRAM: LINK