

Braves Track

Pre-season Conditioning & Indoor Track

Communicate: Add Track & Field on FinalForms, follow @TangyGirlsTrack and @CoachSosaOHS on Twitter, and subscribe to the email list. Check your email regularly (as well as your junk folder) as I will send updates and important team info.

<http://eepurl.com/db4wMb>

Practice: Show up ready to run! We will meet in the student services entrance to warm up in the halls. Practice schedule is as follows:

Monday, Tuesday, Thursday 3:00-4:30

Dress: Assume we will run outside. Make sure you have several layers as well as hats & gloves. Have a set of indoor clothes in case the wind chill is too cold. Remember, school dress code applies when we work out in the building.

Lifting: This season is all about getting stronger and preparing your body for the outdoor season to come. Successful seasons start NOW. Strength conditioning is a major piece of making sure your muscles are ready to compete as well as prevent injury. Our lifting times are as follows:

Mondays 4:30-5:45, Thursdays 4:00-5:00, Fridays 2:50-4:15

Meets: If you complete workouts with us, you must compete in at least one indoor meet (OHSAA rules). Several indoor meets are listed on the practice schedule, just plan far in advance and communicate with me to make sure you get registered on time. Depending on which meets you compete in, we may alter the workout schedule to make sure you're ready.

Goals: Now is the time to start thinking about what you want to accomplish, both in the pre-season and in the spring. Varsity letter? School record? State Qualifier? Start thinking now and communicate with your coaches so we can do everything we can to help you accomplish those goals. Outdoor season begins Monday, March 5th so let's get prepared for March... it will be here before we know it!

Questions? Contact Coach Sosa: Jennifer_sosa@olsd.us 614-592-7484