

ZION TRACK CONDITIONING

It's time to start thinking about TRACK for this spring...What do you see yourself participating in: running events, jumping events, throwing events, etc.? To help us get ready for the beginning of the Track Season (begins March 19), we will provide the opportunity for you to start conditioning, getting ready, for the practices. You do not need to come to the conditioning workouts to be in track. It is just an opportunity to help you to start getting in shape.



Track Conditioning Days will be the following:

Tuesday and Thursday – February 28, March 1, 6, 8, 13 – 3:15-4:30pm
3:15-4:15 p.m.

We will meet in the gym.

Any questions, feel free to call or email.

Tim Roggow 618-477-7088

troggow@zionbethalto.org

Track Conditioning PERMISSION FORM

You will need to return this to Mr. Roggow to begin conditioning with the team.

Name _____ Age _____

_____ Yes, I will be participating in the Track Conditioning on Tuesdays and Thursdays, February 28, March 1, 6, 8, 13.

Parent's/Guardian's Signature _____

Contact Number _____