

## This Week and Next Week's Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15	16	17	18	19	20	21
Normal Practice	Normal Practice  Distance → Outside  Sprinters & Throwers → Inside	Normal Practice  Distance → Outside  Sprinters → Outside  Throwers → TBD  Uniform Issue after practice. Room 327 4:45pm – 5:30pm	Normal Practice  Team Meeting Bleachers 3:00pm  Distance → Outside  Sprinters → Outside  Throwers → TBD  Uniform Issue after practice. Room 327 4:45pm – 5:30pm	Normal Practice  Distance → TBD  Sprinters → TBD  Throwers → TBD	No Practice  Meet Line Up is scheduled to be posted by 1:00pm Saturday.  <a href="#">Meet Information Page</a>	No Practice  But don't forget that we have a meet Monday
22	23	24	25	26	27	28
Track Meet <a href="#">Information Page</a>  For those not attending the meet, you will be given a workout to complete on your own or after school with teammates.	Normal Practice  Distance → TBD  Sprinters → TBD  Throwers → TBD	<p>This is the start of the Winter Break for all HCPSS Families. We want to wish you all a safe a joyous holiday! Please be safe and come back to us in the New Year!</p> <p>Athletes from all event disciplines will be given workouts to complete over the break. Parents, please encourage the athletes to make time and complete their workouts. Athletes, you have to want to improve and put in the work. Athletes going to New York, do you want to go to the fastest track in the world and perform poorly?</p> <p>We will post the workouts for all athletes prior to break.</p>				
29	30	31	January 1	2	3	4
Track Meet <a href="#">Information Page</a>  REMINDER: You have to declare that you can attend. We will only select from the athletes that declared that they can attend.				Hispanic Games  Depart RHS: 10:00am  A Motorcoach will be provided for those going to NY. Athletes need to arrive to RHS by 9:30am.	Hispanic Games  We will arrive back to RHS between 10pm – 11pm. We will know a more precise time once entries have been concluded and published.	