

Must have physical in parentvue to participate

# Pope Track & Field

MON.  
JAN  
5

No School  
No Conditioning  
10 days from Kickoff

TUES.  
JAN  
6

1st day back!  
No Conditioning  
Strength Training in class  
9 days from Kickoff

WED.  
JAN  
7

No Conditioning  
Strength Training in class  
8 days from Kickoff

THURS.  
JAN  
8

Sprint Conditioning  
3:45-4:45  
Strength Training in class  
1 week from Kickoff

FRI.  
JAN  
9

No Conditioning  
5th Period Weights  
6 days from Kickoff

