

# Lucas High School Track & Field Pre-Season Conditioning

## January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 After-School Meeting 3:30	27 Pre-Season Conditioning 3:45-5:00	28 Pre-Season Conditioning 3:45-5:00	29	30
31	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Events are subject to change. In the event of a schedule change, the coaches will notify all team members and their parent(s)/guardian(s) as soon as we are aware of the change. We thank you for your flexibility and understanding! Go Cubs!</p> </div>					

# Lucas High School Track & Field Pre-Season Conditioning

## February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pre-Season Conditioning 3:45-5:00	2	3 Pre-Season Conditioning 3:45-5:00	4 Pre-Season Conditioning 3:45-5:00	5	6
7	8 Pre-Season Conditioning 3:45-5:00	9	10 Pre-Season Conditioning 3:45-5:00	11 Pre-Season Conditioning 3:45-5:00	12	13
14	15 Pre-Season Conditioning 3:45-5:00	16	17 Pre-Season Conditioning 3:45-5:00	18 Pre-Season Conditioning 3:45-5:00	19	20
21	22 Pre-Season Conditioning 3:45-5:00	23	24 Pre-Season Conditioning 3:45-5:00	25 Pre-Season Conditioning 3:45-5:00	26	27
28						
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Events are subject to change. In the event of a schedule change, the coaches will notify all team members and their parent(s)/guardian(s) as soon as we are aware of the change. We thank you for your flexibility and understanding! Go Cubs!</p> </div>						

# Lucas High School Track & Field

## March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pre-Season Conditioning 3:45-5:00	2	3 Pre-Season Conditioning 3:45-5:00	4 Pre-Season Conditioning 3:45-5:00	5	6
7	8 FIRST OFFICIAL TRACK PRACTICE 3:45-5:00	9 Official Track Track Practice 3:45-5:00	10 Official Track Track Practice 3:45-5:00	11 Official Track Track Practice 3:45-5:00	12 Official Track Track Practice 3:45-5:00	13
14	15 Official Track Track Practice 3:45-5:00	16 Official Track Track Practice 3:45-5:00	17 Official Track Track Practice 3:45-5:00	18 Official Track Track Practice 3:45-5:00	19 Official Track Track Practice 3:45-5:00	20
21	22	23	24	25	26	27
28						
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Events are subject to change. In the event of a schedule change, the coaches will notify all team members and their parent(s)/guardian(s) as soon as we are aware of the change. We thank you for your flexibility and understanding! Go Cubs!</p> </div>						