

Storm Practice Schedule for February 20,21,22,23,25, 2017

Don't forget attendance Please

Monday, Tuesday, Thursday

Distance only @ Central Park 6:00

Tuesday 6:30 – 7:00 Age Groups Session #1

Gremlins – Lanes 5, 6, 7, 8, – 100 Meter start line

Bantam – Lanes 1,2,3, 4, – 300 Meter start line

Midgets – Left Field

Youth/Intermediates – Right Field

Tuesday 7:00 – 7:30 Age Groups Session #2

Gremlins Left Field (**dismiss @ 7:20**)

Bantams Right Field

Midgets lanes 5,6,7,8 – 100 Meter Start Line

Youth/Inter. Lanes 1,2,3,4.– 300 Meter start Line

Tuesday 7:30 – 7:45 All Athletes Cool Down Stretches.

Gremlins will cool down at 7:15 so that can be dismissed at 7:20

Wednesday 6:30 – 7:00 Age Groups Session #1

Gremlins lanes 1,2,3,4, – 200 Meter Start line

Bantam 5,6,7,8,– 400 Meter Start Line

Midgets Left Field

Youth/Intermediates Right Field

Wednesday 7:00 – 7:30 Age Groups Session #2

Gremlins Left Field

Bantams Right Field

Midgets lanes 1,2,3,4,– 200 Meter Start Line

Youth/Intermediates lanes 5,6,7,8, – 400 Meter Start Line

Wednesday 7:30 – 7:45 All Athletes Cool Down Stretches.

Gremlins cool down at 7:15 and dismiss at 7:20

Thursday 6:00 – 6:30

Gremlins – lanes 5,6,7,8, 400 meter start

Bantams – lanes 1,2,3,4, 200 meter start

Midget left field

Youth – right field

6:30 - 7:00

Gremlins –left field (release at 7:20)

Bantams- right field

Midget lanes 5,6,7,8 400 meter start

Youth lanes 1,2,3,4, 200 meter start

7:30 – 7:45

Cool down stretches

Saturday 8:00-8:25 warmup and dynamic drills

8:30 -9:00 Age Group Session #1

Gremlins lanes 1,2,3,4, – 300 Meter Start line

Bantam 5,6,7,8 – 100 Meter Start Line

Midgets Left Field

Youth/Intermediates Right Field

9:00 – 9:30

Gremlins Left Field

Bantams Right Field

Midgets lanes 1,2,3,4 – 300 Meter Start Line

Youth/Intermediates lanes 5,6,7,8 – 100 Meter Start Line

9:30 – 9:45 All Athletes Cool Down