

Track workout regimen in the pre-season.

Distance run (2-3miles) two days a week.

Interval runs (Sprint 1-2mins/jog 1-2mins/walk 1-2mins or run 1-3mins/walk 1-3mins) two days a week for twenty mins

Physical fitness 1- 2 day a week. pushups, sit-ups, jumping jacks, burpies, squats, jump rope: 1 minute each for 3 sets.

Dynamic stretching before and to cool down. Good static stretching after.

HYDRATION is KEY!!

Students must have a current physical on file in order to begin practice.

Fees:

Uniform needed: \$65

No uniform needed: \$25

Warm-up Suit (OPTIONAL): \$45

Fees and Physical are due by Friday, January 6, 2017

Please remove bottom portion and return to Coach Tomlinson with forms and fees:

Name: _____ Forms: _____ Fee: _____

Uniform sizes: Tank: _____ Shorts: _____ Warm-up Sizes: Jacket: _____ Pant: _____

Parent Name: _____ Email: _____

Phone Number: _____