

# ISLANDER TRACK & FIELD

## 2022 – 2023 - PRESEASON TRAINING

- When does it start?
  - **MONDAY, November 28<sup>th</sup>**
- What time?
  - **3:30 PM...** *I don't believe in long practices... We are done by 5:00 PM*
- What days will we have practice?
  - *Initially **Monday, Tuesday and Thursday***
  - *In January, we will add Fridays (Track & Field season begins on **February 4<sup>th</sup>**)*
  - *Distance Runners... Contact Coach Green for details about your curriculum*
    - *Email: [plugh@crowncity.com](mailto:plugh@crowncity.com) or phone: 619-869-6873*
- Where will practice be held?
  - *At the CHS Stadium/Track & Field facility*
- Who can participate?
  - **ALL** Coronado High School students are welcome to join
- Is this a prerequisite for being on the Track & Field Team?
  - **No!** Participation is **COMPLETELY VOLUNTARY**, but...
  - **CHAMPIONSHIPS** are built during **pre-season!**
- What should I wear?
  - *Comfortable workout gear, running shoes (in good condition)*
  - **ALWAYS BRING WATER!**
- What if I don't know anything about Track & Field?
  - *Don't worry about that... We will teach you*
  - *We will focus on "base" training for the various events*
- What if I have more questions?
  - Contact Coach Gary (Head Coach)
    - Email: [coronadohs.tracknfield@gmail.com](mailto:coronadohs.tracknfield@gmail.com)
    - Instagram: [@coronadohs.tracknfield](https://www.instagram.com/coronadohs.tracknfield)
    - Cell phone: 619.895.4699

We ask potential CHS Track & Field athletes to pre-register here:

<https://forms.gle/ndQzaTx9i7KoyFdPA>

(This is **NOT** the Athletic Clearance... It is for the Track & Field roster only)

If you are NOT in a Winter sport (basketball, soccer, etc.),

**YOU NEED PRE-SEASON TRAINING!**