

ISLANDER TRACK & FIELD

2024 – 2025 - PRESEASON TRAINING

- When does it start?
 - **MONDAY, December 2nd**
- What time?
 - **3:30 PM...** *I don't believe in long practices... We finish around 5:00 PM*
- What days will we have practice?
 - **Initially Monday, Tuesday and Thursday**
 - *In January, we will add a day... Likely **Thursday** (Season officially begins on **February 8th**)*
 - **Distance Runners...** *Contact Coach Green for details about your curriculum*
 - Email: plugh@crowncity.com or phone: 619-869-6873
 - **Throws Athletes...** *Contact Coach Yee or Coach Young for details about your curriculum*
 - Email: coachdonnayee@gmail.com or stayoungpapa@gmail.com
- Where will practice be held?
 - *At the CHS Stadium/Track & Field facility*
- Who can participate?
 - **ALL** Coronado High School & Middle School students are welcome
- Is this a prerequisite for being on the Track & Field Team?
 - **No!** *Participation is **COMPLETELY VOLUNTARY**, however...*
 - **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 (Speed Development, Strength & Power)*
- What if I have more questions?
 - **Contact Coach Gary (Head Coach)**
 - Email: coronadohs.tracknfield@gmail.com
 - Instagram: [@coronadohs.tracknfield](https://www.instagram.com/coronadohs.tracknfield)
 - Cell phone: [619.895.4699](tel: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!