



It's A Great Day To Be A Tiger!

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 A-Team Only 7th Practice 6:30-8:10 8th Practice 3:40-5:30	2 A Tournament 7th @ Nimitz 8th @ Tex Hill	3 A Tournament 7th @ Nimitz 8th @ Tex Hill	4 A Tournament 7th @ Nimitz 8th @ Tex Hill
5	6	7 <i>Early Dismissal</i>	8 <i>Early Dismissal</i>	9	10	11
12	13	14	15	16	17 <i>Early Dismissal</i>	18
19	20 Student Holiday/ Staff Development	21 7/8 Track 3:45-4:30 Team: 10x30m Hurdle drills LJ/TJ with sprinters Discus	22 7/8 Track 3:45-4:30 Team: 10x35m Hurdle drills LJ/TJ with sprinters Shot	23 7/8 Track 3:45-4:30 Team: 10x40m Hurdle drills HJ am - TJ/LJ in class Discus	24 7/8 Track 3:45-4:30 Team: 10x45m Hurdle drills HJ am TJ/LJ in class Throwers WR	25 Have Entries Emailed to Coach Striffler
26	27 7/8 Track 3:45-4:30 T: Interrupted 400x3 Hurdle Run Through HJ am TJ/LJ in class Shot	28 7/8 Track 3:45-4:30 Team: 10x30m Hurdles/Relays Jumpers/Throwers working technique				



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March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Boys Practice Meet @Heroes 4:30 Bus– Striffler	2 Girls Practice Meet 7/8 Track 3:45-4:30 T: 1x500, 3x350 TJ/LJ in class Discus	3 7/8 Track 3:45-4:30 T: 6x 50/50/60/40 Hurdle Drills HJ am TJ/LJ in class Throwers WR	4 Have Entries Emailed to Coach Striffler
5	6 7/8 Track 3:45-4:30 T: Interrupted 400x3 Hurdle drills HJ am TJ/LJ pm Shot	7 7/8 Track 3:45-4:30 T: 2x500, 2x350 Hurdles/Relays Jumpers/Throwers working technique	8 7/8 B/G Meet @Heroes 4:30 Bus– Striffler	9 7/8 Track 3:45-4:30 T: 2x450, 1x350, 2x200 TJ/LJ in class Discus	10 End of Nine Weeks 7/8 Track 3:45-4:30 T: 8x 50/50/60/40 HJ am TJ/LJ in class Throwers WR	11 Have Entries Emailed to Coach Striffler
12	13 Spring Break!	14	15	16	17	18
19	20 7/8 Track 3:45-4:30 T: Interrupted 400x4 Hurdle drills HJ am TJ/LJ pm Shot	21 7/8 Track 1:40-2:30 T: Interrupted 400x3 Hurdles/Relays Jumpers/Throwers working technique	22 7/8 Boys Track Meet @Heroes 4:30 Bus– Witte	23 7/8 Track 1:40-2:30 T: 2x450, 2x350, 2x200 TJ/LJ pm Shot	24 7/8 Track 3:45-4:30 T: 8x 50/50/60/40 HJ am TJ/LJ in class Throwers WR	25 Have Entries Emailed to Coach Striffler
26	27 Practice in Period 7/8 Track 3:45-4:30 T: Interrupted 400x3 Hurdle drills HJ am TJ/LJ pm Shot	28 STAAR No Practice	29 7/8 B/G Meet @Heroes 4:30 Bus– Witte	30 7/8 Track 1:40-2:30 T: 2x450, 2x350, 2x200 TJ/LJ in class Discus	31 7/8 Track 3:45-4:30 T: 8x 50/50/60/40 Hurdle Drills HJ am Throwers WR	



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April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <i>Practice in Period</i> T: Interrupted 400x3 Hurdles/Relays Jumpers/Throwers working technique	4 <i>Practice in Period</i> 7/8 Track 3:45-4:30 T: 60 sec run, 4x200 Hurdles/Relays Jumpers/Throwers	5 Large Zone Meet @Heroes 4:30 Bus– Striffler	6 7/8 Track 3:45-4:30 T: 2x450, 2x350, TBD	7 7/8 Track 3:45-4:30 T: 10x50/50/60/40 TBD	8
9	10 <i>Practice in Period</i> T: Interrupted 400x3 TBD	11 Meet of Champs @Heroes 4:30 Bus– Striffler	12 Sport-A-Thon Pledges Kick-Off	13 Sport-A-Thon Pledges	14 Holiday	15
16	17 Sport-A-Thon Pledges	18 Sport-A-Thon Pledges	19 Sport-A-Thon Pledges	20 Sport-A-Thon 3:30-5:30	21	22
23	24	25	26	27	28 Holiday	29
30						



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May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Boys Athletic Parent Meeting 6-7 <i>Store Open</i>	5	6
7	8 STAAR Testing	9 STAAR Testing	10 STAAR Testing	11 STAAR Testing	12	13
14	15	16	17 Athletic Physicals (Tentative)	18 <i>Store Closed</i>	19	20
21	22	23	24	25 Faculty vs. 8th Grade Basketball Game	26	27
28	29 Holiday	30	31			