



## TRACK & FIELD (ATHLETICS)

Please remember that sports facilities are donated to our athletes and volunteer coaches.

### PRACTICE DETAILS

- Lake Mary High School, 655 Longwood Lake Mary Road Lake Mary, FL 32746
- Saturdays, 8:30am – 10:00am
- Head Coach: Angel Hernandez, [hernandez17@cfl.rr.com](mailto:hernandez17@cfl.rr.com), 407-625-4318

#### **Black Out Dates:**

Facility is not available on March 19 and 26. Practice will be moved on those days to:  
St. Mary Magedalen Church/School, 869 Maitland Avenue Altamonte Springs, FL 32701

### SCHEDULE

Saturday, January 22, 2011	Practice
Saturday, January 29, 2011	Practice
Saturday, February 05, 2011	Practice
Saturday, February 12, 2011	Practice
Saturday, February 19, 2011	Practice
Saturday, February 26, 2011	Practice
Saturday, March 05, 2011	Practice
<b>Saturday, March 12, 2011</b>	<b>County Games – Lake Mary High School</b>
Saturday, March 19, 2011	Practice - Practice moved to St. Mary Magdalen
Saturday, March 26, 2011	Practice - Practice moved to St. Mary Magdalen
Saturday, April 02, 2011	Practice
<b>Saturday, April 09, 2011</b>	<b>Area Games – Orange County</b>
Saturday, April 16, 2011	Practice
Saturday, April 23, 2011	No Practice
Saturday, April 30, 2011	Practice
Saturday, May 07, 2011	Practice
<b>Saturday, May 14, 2011</b>	<b>State Games – ESPN Wide World of Sports</b>
<b>Saturday, May 21, 2011</b>	<b>End of Season Party</b>

#### **WEATHER CANCELATIONS:**

**Call the SOSC Hotline 1 hour before practice for cancelation information: 407-263-8043**

#### **Check in Point**

There will be a check-in point set up at the training facility. Please check in for attendance purposes and to receive Informational Notices – this is your responsibility. If you miss a week of practice, you will be able to find previous notices there. We also encourage using a "Buddy System" with other parents on your athlete's team to relay/share information when practice is missed.

Updated on: 1/21/2011