



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, 9:00am – 10:30am
- Head Coach: Angel Hernandez, ahernandez17@cfl.rr.com, 407-625-4318

Black Out Dates:

Facility is not available on Feb 18, Mar 31, Apr 14. Athletes will meet at Lake Mary High School, but will practice in the park or open space adjacent to the school/stadium.

SCHEDULE

Saturday, January 07, 2012	Practice
Saturday, January 14, 2012	No practice - (Area Basketball)
Saturday, January 21, 2012	Practice
Saturday, January 28, 2012	Practice
Saturday, February 04, 2012	Practice
Saturday, February 11, 2012	Practice
Saturday, February 18, 2012	Practice- Meet at LMHS, practice in adjacent park
Saturday, February 25, 2012	Practice- Ends Early
Saturday, March 03, 2012	Practice
Saturday, March 10, 2012	COUNTY GAMES
Saturday, March 17, 2012	AREA GAMES
Saturday, March 24, 2012	Practice
Saturday, March 31, 2012	Practice- Meet at LMHS, practice in adjacent park
Saturday, April 07, 2012	No practice- Easter
Saturday, April 14, 2012	Practice- Meet at LMHS, practice in adjacent park
Saturday, April 21, 2012	Practice
Saturday, April 28, 2012	Practice
Saturday, May 05, 2012	Practice
Saturday, May 12, 2012	Practice
Saturday, May 19, 2012	State Games
Saturday, May 26, 2012	End of Season Party

WEATHER CANCELATIONS:

Call the SOSOC 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: 1/4/2012