

# February 2017

Whatever you do, work at it with all your heart, as working for the Lord, not for man.  
Colossians 3:23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Coach West—Relays, Long and Triple Jump (JH) Coach Woody—Pole Vault and Throwers (JH & HS)			
5	6 Hurdles, Distance, Jumpers, & Throw- ers.	7 Hurdles, Distance & Throwers	8 Hurdles, Distance, Jumpers, & Throw- ers.	9 Hurdles, Distance, and Pole Vault.	10 Pole Vault. Make-up Day	11
12	13 Hurdles, Distance Jumpers, & Throw- ers.	14 Hurdles, Distance & Throwers	15 Hurdles, Distance, Jumpers, & Pole Vault .	16 Hurdles, Distance, and Pole Vault.	17 Make-up Day	18
19	20 Hurdles, Distance Jumpers, & Throw- ers.	21 Hurdles, Distance & Throwers	22 Hurdles, Distance and Relays, Jumpers, & Pole Vault.	23 Hurdles, Distance, and Pole Vault.	24 Make-up Day	25
26	27 Hurdles, Distance Jumpers, & Throw- ers.	28 Hurdles, Distance & Throwers	<b>This schedule is subject to change pending weather or by necessity. We will try to get all of our running done in the period and then if you are in a field event, a distance runner, a hurdler, or on a relay you will also be practicing after school. The event coaches listed above will set your practice schedule. Any conflicts or concerns please call Coach West's # 903.724.4884 or Coach Woody's # 903.724.9130</b>			

# March 2017

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

1 Corinthians 9:24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Hurdles, Distance, Jumpers, & Pole Vault	2 Hurdles, Distance, and Pole Vault. <b>Running Make-up Day.</b>	3 <b>Meet in Crockett</b>	4
5	6 Hurdles, Distance Jumpers, & Throw- ers.	7 Hurdles, Distance & Throwers	8 Hurdles, Distance and Relays, Jumpers, & Pole Vault.	9 Hurdles, Distance, and Pole Vault. <b>Running Make-up Day.</b>	10 <b>Meet in Fairfield</b>	11
12 <b>S P R I N G</b>	13 <b>B R E A K</b>	14 <b>-</b>	15 <b>N O P R A</b>	16 <b>C T I C E !</b>	17 <b>Don't forget to do your workouts over spring break!</b>	18
19	20 Hurdles, Distance Jumpers, & Throw- ers.	21 Hurdles, Distance & Throwers	22 Hurdles, Distance and Relays, Jumpers, & Pole Vault.	23 Hurdles, Distance, and Pole Vault. <b>Running Make-up Day.</b>	24 <b>Meet in Teague</b>	25
26	27 Hurdles, Distance Jumpers, & Throw- ers.	28 Hurdles, Distance & Throwers	29 Hurdles, Distance and Relays, Jumpers, & Pole Vault. <b>Running Make-up Day.</b>	30 <b>Westwood HS Meet</b>	31 <b>Westwood JH Meet</b>	

# April 2017

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Jumpers, Pole Vault, Hurdles, Distance and Throwers .	4 Hurdles, Distance & Throwers	5 Hurdles, Distance and Relays, Jumpers, & Pole Vault.	6 Hurdles, Distance, and Pole Vault. <b>Running Make-up Day.</b>	7 <b>JH District Meet at Malakoff</b> <b>No more practice for JH</b>	8
9	10	11 HS District @ Westwood	12 HS District @ Westwood	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						