

Strong Rock Athletics
2012 Varsity/Academy Track and Field Calendar

January 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	24 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	25	26 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	27 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	28
29	30 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	31 Strength Train 3:20 – 4:30 Track 4:30 – 5:45				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	3 Strength Train 3:20 – 4:30 Track 4:30 – 5:45	4
5	6 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	7 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	8	9 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	10 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	11
12	13 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	14 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	15	16 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	17 Track Practice 12:00 – 1:30 Half Day	18
19	20 Mid-Winter Break	21 Mid-Winter Break	22 Mid-Winter Break	23 Mid-Winter Break	24 Mid-Winter Break	25
26	27 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	28 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	29			

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	2 Practice 3:30 – 5:00	3 V @ FPD 9:00am Academy @ ELCA 9:00am
4	5 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	6 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	7	8 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	9 Practice 3:30 – 5:00	10 V @ ELCA 9:00am Academy @ LCS 9:00am
11	12 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	13 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	14	15 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	16 Practice 3:30 – 5:00	17 V @ LCS 9:00am Academy @ LCS 9:00am
18	19 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	20 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	21	22 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	23 V @ ELCA (Henry County Meet) 5:00pm (No Academy Practice)	24 V @ ELCA (Henry County Meet) 8:00am
25	26 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	27 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	28	29 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	30 V @ Twelve Oaks Meet 5:00pm Academy Pract 3:30 – 5:00	31 V @ Twelve Oaks Meet 9:00am Academy @ ELCA 8:00am

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	3 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	4	5 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	6 Half Day	7
8	9 Spring Break	10 Spring Break	11 Spring Break	12 Strength Train 9:30 – 10:40 Track Practice 10:40 – 12:00 Spring Break	13 Strength Train 9:30 – 10:40 Track Practice 10:40 – 12:00 *Possible Varsity Meet	14 Academy – Region Meet @ LCS
15	16 V – Sub-Region Meet @ LCS	17 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	18	19 V – Region Meet @ Mt. Pisgah	20	21
22	23 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	24 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	25	26 Strength Train 3:20 – 4:30 Track Practice 4:30 – 5:45	27 Practice 3:30 – 5:00	28 V – Sectional Meet @ LCS TBD
29	30					