

November 7, 2011

Dear Athletes/Parents,

It is time once again to begin preparation for another successful track season at Newton High School. We are coming off a great 2011 season with the Boy's 2-AAAAA Regional title and the Boy's AAAAA 400m Relay State Champs. The Girl's continue to build and remain focus on reaching high goals for the 2012 season. With that said the Newton High Track coaching staff has put together a pre-season conditioning plan to help all athletes be prepared for the upcoming 2012 season. Pre-Season conditioning has begun. Practice begins at 3:30 p.m. and will be over at 5:00 pm. Please have all athletes picked up by 5:30 p.m. Pre-Season conditioning will be every Tuesday, Wednesday, and Thursday from November 1-November 18. We will take the following week off for Thanksgiving Break and then return Monday, November 29 on the same schedule having the last day of 2011 conditioning on Thursday, December 8, 2011.

Pre-Season conditioning is an opportunity for athletes to become physically able to meet the demands of the regular track season. It allows for coaches to gauge what abilities each athlete may have and where best to utilize them in the track season. Pre-Season conditioning allows for the athlete to focus on weight-lifting, learning the proper static and dynamic stretching that is a daily routine for track practice/meets, as well as build up a strong running/physical base through cardio work. All athletes need to be sure that they have a current physical on file by January 9th. The official first day of track season is January 23, 2012.

The 2011Fast and Furious,

Coach Allen & Coach Thomas
Newton High Track & Field Coaching Staff