

## **Oak Canyon Eagle Track Preseason Conditioning:**

- Preseason conditioning for the 2014 track season will begin in February of 2014. Workouts are open to any who are interested in preparing for the upcoming track season.
- On preseason conditioning days, meet at 2:30 in the Oak Canyon weight room ready to work out.
- Preseason conditioning is *optional*. It is *recommended*. Come on any/all of the days that you *can*.
- The purpose of preseason conditioning is to help with general conditioning before the season.
- Each day there will be two workout possibilities:
  - Supervised P90X/Insanity workouts in the weight room
  - Ability group runs outside (along the Murdock Canal Trail or local roads)  
(In case of inclement weather, we will remain inside)
- Preseason conditioning dates:
  - (All dates are February dates)
  - **Tues – 4<sup>th</sup>; Wed – 5<sup>th</sup>; Thurs – 6<sup>th</sup>**
  - **Tues – 11<sup>th</sup>; Wed – 12<sup>th</sup>**
  - **Tues – 18<sup>th</sup>; Wed – 19<sup>th</sup>; Thurs – 20<sup>th</sup>**
  - **Tues – 25<sup>th</sup>; Wed – 26<sup>th</sup>; Thurs – 27<sup>th</sup>**  
(unless the season starts this week)
- The season will officially start on either February 24 or March 3 (more information will be forthcoming). At that point, permission forms, physical forms, and participation fees (\$25) will be required before participation in the first meet. At that point, we will also move our practices to Timpanogos High School (Mon-Thurs @ 3:30; Fri @2:30 at Oak Canyon)
- Information will be available on the Track Website (go to the Oak Canyon website, click on “Students,” “Athletics,” and “Track Website.” Find the link to “Mr. Andrus’s Track Website”