

## 2017 THROWERS PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	7:30 AM		7:30 AM		
CLASS		ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS
PM	N/A	N/A	N/A	TRACK MEETS (3/23, 3/30, 4/6, 4/12)	N/A

### REMINDERS:

1. MEET IN GIRLS GYM AFTER PUTTING STUFF IN LOCKER.
2. NEED TO BE DRESSED OUT IN GYM UNIFORM
3. HELPERS TO CARRY EQUIPMENT
4. THROW OFFS BEFORE EACH MEET TO DETERMINE WHO IS IN THE MEET

**I'm excited to have you all throw this year!! ☺**

**Coach Jupe**