

# HAYES TRACK



**OPTIONAL**

**PRESEASON CONDITIONING**

Wednesday 2/15 at Hayes until 5:30

Tuesday 2/21 at Hayes until 5:30

Thursday 2/23 at Douglass 5:30-7:00

**Tryouts will begin Monday 2/27 (More info to come)**

If you are planning on trying out you need an updated sports physical & you should be being active on your own!