

2019 SCOTUS TRACK & FIELD

Pre-season: Week of Mon. Jan. 14th (TBA before & after school workout & lift opportunities can be scheduled.)

General Running: Outside when nice or YMCA NOW!
****Do not start running without good shoes!!**

Team Gear: Plain Black on bottom-White on top: Team t-shirts orders will be available when practice starts (short or long sleeved-dri-fit available but optional)

Optional Team Sweatshirt: Order & \$ Due Date—TBA if anyone wants to purchase their own See Coach T. ASAP

Winter Clinics: Will be posted in the concessions area by Coach Schoenfelder's office or Check online at college websites for dates, details and sign up info:

UNK (Jan 13, 20, 27, Feb 10) Wesleyan (Feb 10,) UNL (lots on line,) Midland (TBA,) Wayne State (Sat. Feb 16-Pole Vault Camp Sun Feb17) &/or Doane (Feb 24 TBA)

Physicals Due in A.D.s office: Mon. Feb. 11 if you have not done this yet—make the appointment NOW

Season Begins: Mon. Feb.25

Contact Info: Your Name-Your Cell & Home Phone#-Your school email address-Home address-Parent's Name(s)

Questions: Coach Tooley jtooley@scotuscc.org
Coach Schonfelder jschoenfelder@scotuscc.org
twitter: @SCCTrackXC or SCC T&F Website=SCC Homepage-
Click Spring Sports & T&F & then the link

Season Calendar: on back/some items still need to be updated