



Mendham Magic Track & Field 2010 Practice Schedule

Please note: age groups are determined by child's age as of **12/31/2010**

CLINIC (8 and under; born 2002 and later): BEGINS APRIL 5th - MAY 27th

- 1. Monday – 5:30 to 6:30 at Ralston Fields (meet on track on soccer field)
- 2. Wednesday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)

Long Jump Practice Session for those turning 8 in 2010: **Friday, April 9th**

- 1. Long Jump (8 year olds ONLY) – 6:45 to 8:00 at West Morris Mendham High School

March 22nd – April 2nd

9 and 10s (born 2000 or 2001):

- 1. Monday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
- 2. Tuesday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
- 3. Thursday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)

11 and older (born 1999 and earlier):

All 11 and older athletes will work together the first two weeks of practice for initial conditioning and evaluation before splitting into sprint and middle-distance track practices.

- 1. Monday – 5:30 to 6:30 at Mendham Twp Middle School (meet on fields behind school)
- 2. Wednesday – 5:30 to 6:30 at Mendham Twp Middle School (meet on fields behind school)
- 3. Friday – 5:30 to 6:30 Mendham Twp Middle School (meet on fields behind school)

**** If you have athletes in both 9-10 and 11 & up groups please pick-up your 9-10(s) first.
A coach will wait until all athletes have been picked up.**



Mendham Magic Track & Field 2010 Practice Schedule

April 5th – June 4th**

9 and 10s (born 2000 or 2001):

Monday – 6:45 to 7:45 at West Morris Mendham High School track
Tuesday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
Thursday – 5:30 to 6:30 at Mendham Twp Elementary School (meet on soccer field)
Friday – field events (see below)

11 and older (born 1999 and earlier):

Monday 6:45 to **7:45** at West Morris Mendham High School track
Tuesday – Friday 6:45 to **8:00** at West Morris Mendham High School track
(per schedule below)

MEETING PLACE: On the track if not in use otherwise meet at the concession stand

DISTANCE: Monday – fields/roads
Tuesday, Thursday – track workout
Friday – field events (see below)

SPRINTERS: Monday – field/turf station workouts
Tuesday – field events (see below)
Wednesday, Friday – track workout

** Practice will end on May 28th for those attending the Open Meet. Individuals that are participating in the Championship Meet will practice through June 4th.

Field Events 8 and older for Long Jump 9 and older for Shot Put

**** flexibility to come and go within these times***

1. Tuesday – 6:45 to 8:00 at West Morris Mendham High School
2. Friday – 6:45 to 8:00 at West Morris Mendham High School
