



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	First Day of Practice Track Practice Begins Meet in cafeteria Testing	Meet in cafeteria Testing	1 Testing	2 Field Events Tryouts	3 Field Events Tryouts	4
5	6	7	8	9 Team store closes at midnight	10	11 Practice 9-11
12	13	14	15 Uniform Handout	16	17 Tri-meet w/Eureka & Lafayette @ Lafayette- 4pm	18
19	20 Spring Break	21 Spring Break Practice 9-11	22 Spring Break	23 Spring Break Practice 9-11	24 Spring Break	25
26	27	28	29 Team Pictures	30 Kirkwood Early Bird Open @ Kirkwood-4pm	31	Mineral Area Relays-VJV Herculaneum HS-9am
		Notes:				



APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Mineral Area Relays V/JV* Herculaneum HS-9am
2	3	4	5	6	7 No School-No practice	8 Northwest Inv, V/JV*-B/G-8am
9	10 No School Practice 9-11	11	12 JV Meet @ Marquette- 4pm	13 Henle Holmes Inv Var only-4pm	14 Henle Holmes Inv Var only-4pm	15
16	17	18 JV Friends Meet @ Parkway Central-4pm	19	20	21 Ft. Zumwalt North Inv. Var only-3pm	22
23	24	25	26	27	28	29 Vickie Reeves Inv. Parkway South H.S. V/JV*-9am
30		Notes:				



MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Yellow Pool Conference Pattonville H.S. V/JV-4pm	6
7	8	9 JV Uniform Turn in-2:45	10	11	12 District Team Dinner 4:30pm	13 District Var-9am
14	15	16 Uniform Turn in-2:45	17	18	19	20 Sectional Var-9am
21	22	23 Uniform Turn in-2:45 Finals	24 Last Day of School Finals	25	26 State Championship Jefferson City H.S. Varsity-9am	27 State Championship Jefferson City H.S. Varsity-9am
28	29	30	31 Team Awards Ceremony Northwest Theatre-6pm			
		Notes:				

	Monday	Tuesday	Wednesday	Thursday	Friday
	Neural – Explosive	Metabolic- Out of Breath	Recovery	Neural – Explosive	Metabolic- Out of Breath
Approx.	Sprints/Relays	Javelin	Sprints/ et.al. Teaching and Tech. Work	Javelin	Sprints
3:15	Shot/Disc	LJ/TJ	Shot/Disc	Shot/Disc – available	Shot/Disc
3:55	Pole Vault	Hurdles	Teach and Tech Drills	Sprints/Relays	HJ
		Sprints	HJ - Drills and Short App.	Hurdles	
Approx.	Sprints	Javelin	Sprints et.al. Teach & Tech &/or Drills	Javelin	Sprints
3:55	Relays	Sprints	LJ/TJ - short app/drills/video review	Shot/Disc available	LJ/TJ
4:35	LJ/TJ	Available Shot/Disc	Pole Vault	Sprints/Relays	Pole Vault
	Pole Vault	HJ	Drills/ Review/ Short App. Jav. Drills?	HJ	
Approx.	Weight Room	Core and Flexibility	Core and Flexibility	Weight Room	Core and Flexibility
4:35			All throwers-med balls		
5:00					