

2020 Tallulah Falls School Track & Field – **HIGH SCHOOL SEASON CALENDAR**

1-25-20 subject to change

Practice Daily (see calendar for different practice times/days) Meet at WR if raining

An email will be sent out each Sunday night to confirm details for the week

Coach Scott Neal [scott.neal@tallahahfalls.org](mailto:scott.neal@tallahahfalls.org) 706-968-9879 cell Assistant Coaches: Tim Corbett, Scott Augustine

	Monday G	Tuesday R	Wednesday E	Thursday A	Friday T	Saturday 1/11 Clemson
1/13 1	Gen Orientation Safety - Resp/role 4-:5:15 Rain Inside FCWU + Speed drills + ladder drills  Bkb vs RG	4-:5:15 Power Day  <i>Bkb vs Commerce</i>	4-:5:30  Pres Com Dinner 5:30	4-:5:30 FitCore TWU MB team Team Core Groups GB,EG=PV Others = 6x150w/50w/50w	4-:5:15  <i>GB FC 3x5h-1 @36" + 4x100, 2x150,2x200, 1x300,1x400 Others= Starts, Acc, 3-5 x 30m</i>  <i>Bkb vs ACS</i>	<i>OYO - get better at something today!</i>
1/20 2	4-5:30 Gen TWU	4-5:30 FitCore WU  T&F TL Mtg 3:30 Team Package info  <i>bkb vs PAC</i>	4-5:30 Group WU	4-5:30 FitCore WU  Boarder meal away	4-5:30 FitCore WU Team Leads 3:30 Ultimate Frisbee and Frazzle Fb  <i>Team Tower Hill</i>  <i>Bkb @ Prov</i>	OYO  <i>Clemson U meet. Anyone interested in watching?</i>  <i>Bkb @ Hebron</i>
1/27 3	4-5:30 Group WU	4-5:30 <i>GenTWU</i>  <i>Bkb @ Towns Co</i>	4-5:30 <i>FitCore WU</i>  <i>Swim meet @ RMA</i>	4-5:30 Tribe Dance WU TL =  <i>MS Ski Trip</i> <i>Riflery home meet</i>	<b>Practice OYO</b> Indoor Last Chance Invite – Birmingham AL w/ select few: CrossPlex 2331 Bessemer Rd Leave Fri 11:30. TL = ? <i>Bkb home Fri (Sr Night)</i>	
2/3 4	4-5:30 Gen TWU  <b>MS T&amp;F starts</b> <i>Region Bkb tourn.</i> <i>All week</i>	4-5:30 FitCore WU	4-5:30 Group WU	4-5:30 <i>FitCore WU</i>	4-5:30 <i>Gen TWU</i>  <b>Swim State</b>	OYO  <b>Swim State</b>
2/10 5	<i>Practice 4-5:30</i> <b>Big Peach</b> <b>Running Co</b> <b>SHOE DAY 3-6:30</b> <b>T&amp;F Parent mtg</b> <b>5:45-6:15 at MS</b> <b>SAC. Sudden</b> <b>Cardiac Mtg</b> <b>6:30-7; College</b> <b>Elig mtg 7-7:30</b> <b>TIME TRIALS</b> <b>FOR EVERYONE</b>  <b>HS Ski Day</b>	<i>Practice 4-5:15</i> GEN TWU  <b>MS @ RMA Indoor</b>	<i>Practice 4-5:30</i> Group WU	4-5:30 FitCore WU	4-5:30 Scavenger Hunt & Team Valentine WU TL =  <i>Bkb State R1</i> <i>Bb home</i>	<b>Required</b> <b>Practice and</b> <b>Service Day</b> <b>9:00-11:30</b>  <i>Bkb State R1</i> <i>Bb home</i>

2/17 6	4-5:30 PCN FitCore	Practice 4-:5:30  Group WU  MS & HS G soc H	Practice 4-5:30   Bkb State R2 UGA/Aub bkb game	<b>3:45-7:00 Annual Green/White Intra squad MS/HS Time Trial PLUS Family Cookout!!</b> Bkb State R2 MS Soc 4:30	Winter Break - See Workout Sheet	Winter Break - See Workout Sheet
2/24 7	<b>Winter Break - See Workout Sheet</b> Basketball State R3 Feb 25-26 Practices the rest of the season starting Mon Mar 2 are normally 4:00-6:00					
3/2 8	Practice 4-6:00 Meet WU MS & HS G Soc	FitCore WU	<b>Team/Indiv Pics</b>  Meet WU	<b>Rabun Co Tri 4:00 2:25/2:35/8:30</b>	Practice 4-5:00 Group WU	<b>Eagle Invite 9:30</b> Leave 7:15 SAT on campus
3/9 9	Group WU  MS G Soc	Meet	Practice 3:45-4:30 Groups workouts  <b>Winter Sports Banquet 6:30 Dillard House</b>	Group WU  MS G Soc	<b>Bo James Invite @ RabCo HS 4:00 Out 2:25 Leave 2:40 Return apx 10:30</b>	OYO  MS Jr Eagle Invite
3/16 10	Meet WU	GenTWU	Meet WU	Group WU  HS G Soc 5:00	Group WU  MS G Soc	<b>Athens Academy Invite 10:00am Leave 7:15am</b>
3/23 11	Dif TWU  MS @ Rab Co	<b>Commerce 4:00 Out 1:35 Leave 1:50 Return apx 10pm</b>	Gen TWU	PreMeet WU	<b>@ Habersham Central 4:15 Out 2:25 Leave 2:40 Return Apx 10 MS &amp; HS G Soc</b>	Prom
3/30 12	GenTWU  MS Tri St @ RG	Group WU  HS G Soc	PreMeet WU	<b>@ George Walton 4:00/12:45/1:00 Return apx 11:15</b>	Spring Break OYO See Workout from event coach	Spring Break OYO See Workout from event coach  ACT on campus
4/6 13	<b>See Spring Break Workout Sheets</b>				Bojangles Classic @ Spring Valley High School, 120 Sparkleberry Ln, Columbia, SC OPTIONAL - End of spring break	
4/13 14	Gen TWU PCN Everyone	Group WU  MS G Soc	Practice 4-5:00 Group WU  MS @ AA  MS G Soc	FitCore WU Meet WU	PreMeet WU	<b>Blue Ridge Classic @ AC Reynolds HS Leave 6:15AM Return 8:30pm 1 Rocket Dr, Asheville, NC MS @ state</b>

4/20 15	Practice 4-6:00 <i>Gen TWU</i>	<i>Practice 4-515 PreMeet WU</i>  <i>MS Tri St @ RG</i>	<b>Swain County HS Invite</b> Cherokee High School, 200 Ravensford Dr, Cherokee, NC 28719 Out 12:45 Eat Early! Leave 1:00 Return late	Practice 4-5:30 Group WU  <i>HS G Soc</i>	Practice 4-6:00 <i>Tribe Dance WU</i>   <i>Homecoming</i>	<i>Optional/Make up meet? 9:30 Galloway Invite 215 Chastain Park Ave NW, Atlanta Leave 6:45am Or practice 9-11AM Homecoming</i>
4/27 16	Practice @ a track 4-6:30 <i>Group WU</i>   <i>HS G Soc</i>	Practice 4-6:00 <i>Gen TWU</i>	Tribe Dance WU Practice 4-5:15   <i>MS Tri State Championships @ RG</i>	Practice 4-5:30 Group WU	<i>Practice 3:45-4:30 PreMeet WU</i>	<b>Girls &amp; Boys Area 2 Championship 10:30 Leave 7:45 @ Athens Academy 1281 Spartan Lane, Athens, Georgia SAT Test Date</b>
5/4 17	<b>Girls &amp; Boys Area 2 Championship 11:00 Leave 8:15 @ Athens Academy 1281 Spartan Lane, Athens, Georgia</b>	State Qualifiers Meeting 4-5:00  Recover and restoration	HS T&F Team Party 3:45-4:30 ?? Non-SQ Turn in all school issued items  SQ Practice 4-5:30	SQ practice @ a track. 4-6:30	<i>Practice 3:30-5:00 After All In Olympics  Recovery and restoration, stretching, ROM, Mobility, Ice baths, etc.</i>	<b>Group Practice 9-11:00</b>
5/11	Practice @ a track 4-6:30	<b>No practice Spring Sports Banquet 5:30-7:30 Dillard House</b>	SQ leave to Berry 3:15	<b>G/B State @ Berry College</b>	<b>G/B State @ Berry College</b>	<b>G/B State @ Berry College</b>

G – Gratitude/Generosity R – Respect/Responsibility/Role/Ripple E – Enthusiasm/Effort/Excellence A – Accountability/Ambition/Attitude  
T – Think/Trustworthy

Saturdays – communicate w/ Coach Neal well ahead of time if there is a family conflict for ANY meet or practices, including Saturdays.

OYO = on your own

NOTE: Bring a light to study on the bus!