

2020 Tallulah Falls School **MIDDLE SCHOOL** Track & Field Season Calendar  
Practice Daily 3-4:30

*1-25-2020 subject to change*

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Coach Tim Corbett [tim.corbett@tallulahfalls.org](mailto:tim.corbett@tallulahfalls.org) Coach Tamara Griffis [tamara.griffis@tallulahfalls.org](mailto:tamara.griffis@tallulahfalls.org) Coach Scott Augustine

NOTE: IF YOU ARE A POLE VAULTER, PLEASE PLAN ON STAYING LATE ON Day listed UNTIL 5:30 ish

	Monday G	Tuesday R	Wednesday E	Thursday A	Friday T	Saturday
2/3 1	Orientation @ SAC Safety issues sweats, bag General TWU FitCore in Fit Cntr	Full TWU FitCore 150's x 3-5R FE Jumps & shot Line drills <i>HS Bkb @ Com</i>	FitCore 200's FE S&D FitCore 200s x3-5R  PV stay late	TWU + FitCore + FE.Can stay w/ HS for today's practice  PV stay late	GTWU <i>FE 30'</i> <i>Event specific</i> <i>WO for RMA</i> HS Bkb @ Com. HS Swim state	<i>OYO</i>  <i>Fitness (hike, bike, play, run, swim, etc)</i>
2/10 2	<b>@ MSSAC BPRC SHOE DAY 3-6 T&amp;F Parent mtg 5:45-6:15 Cardiac Mtg 6:30</b> Meet WU + Event PV stay late	<b>Riverside Military Academy Indoor Meet 3:15 1:15/1:30 Return apx 8:30</b>	<b>GREAT Service Project 2:30-4:30</b>	GTWU Relay HO 4x1  Starts, Acc, Speed	FitCore WU Relay HO 4x4  Fitness	<i>OYO</i>  <i>Fitness (hike, bike, play, run, swim, etc)</i>
2/17 3	GTWU 4x1 HO Starts, Acc, Speed FitCore Intervals	<b>Practice at SAC</b> Relay HO CardioCore Intervals  MS/HS Soc home	4x4 HO Group WU  PV STAY LATE  <i>HS Bkb state R2</i>	<b>Green/white Intrasquad Meet, Parent Mtg, Yrbk PICS &amp; Family Cookout 3:45-7:30 @HS Fire Pit</b>	Winter Break - No Practice OYO - <i>see workout sheet</i>	Winter Break - No Practice OYO - <i>see workout sheet</i>
2/24 4	<i>Winter Break - see workout sheet</i>					
3/2 5	GTWU 4x4, 4x1 HO Starts, Acc, Speed	Meet WU FE PV STAY LATE	<b>Team/ Indiv Pics</b> 4x4 HO Group WU Starts, Acc, Speed	FitCore/Intervals  <i>HS @ Rab Co</i>	<i>Meet WU FE</i>  <b>Time Trials</b>	OYO
3/9 6	Meet WU Relay HO Starts, Acc, Speed  <i>MS G Soc</i>	4x4 HO Group WU FE  PV STAY LATE	Meet WU Relay HO FE  <i>HS Sports Banquet</i>	<b>Hebron Christian 4:00</b> 1:30/1:45/8:45	<b>Team Mtg w/ Coach Griffis @ MS 2:45-3:00 NO PRACTICE!</b> <i>HS @ Rab Co</i>	<b>Jr. Eagle @ East Jackson HS 9:30</b> leave 7:15am retrun apx 6
3/16 7	Meet WU	Group WU FE PV STAY LATE	FitCore WU	Group WU FE <i>HS G Soc 5:00</i>	GTWU  MS G Soc 4:30	OYO
3/23 8	<b>Rabun County 4:00</b> 2:20/2:35/7:30ish	FitCore WU Recovery Fitness <i>HS @ Commerce</i>	GTWU	Group WU  PV STAY LATE	FitCore WU Fitness WO <i>HS @ Habersham</i>	OYO
3/30 9	<b>Tri State #1 @ Rabun Gap 4:00</b> 2:20/2:30/7:30	Group WU  <i>HS G Soc</i>	GTWU  PV STAY LATE	Fitness WO  <i>HS @ GWA</i>	<b>See Spring Break Workouts</b>	<b>See Spring Break Workouts</b>
4/6 10	<b>See Spring Break Workouts -IMPORTANT you work out at least OYO. We wil have a couple days for option practice at TFS</b>					
4/13 11	GTWU  PV STAY LATE	Group WU <i>FE</i> <i>MS G Soc</i>	<b>Athens Academy 4:15</b> 1:30/1:45/8:30	Group WU FE	<i>GA MS State TBD</i>	<i>GA MS State TBD</i>  <i>HS @ Invite</i>
4/20 12	GTWU Relay HO FE	<b>Tri State #2 @ Rabun Gap 4:00</b> 2:20/2:30/7:30	<b>No Practice</b>  <i>HS @ Swain Co</i>	FitCore WU FE <i>HS G Soc</i>	GTWU Intervals	
4/27 13	GTWU + Relay HO  <i>HS G Soc</i>	Practic 3-3:45	<b>Tri State Championships @ Rabun Gap 4:00</b>	<b>TURN IN ITEMS!</b>	<b>TURN IN ITEMS! MS T&amp;F Party <u>TBD</u></b>	HS @ Area Championships

**NOTE: PICK UP AFTER MEETS WILL BE AT THE High School GYM**

G – Gratitude/Generosity

R – Respect/Responsibility/Role/Ripple

E – Enthusiastic Effort toward /Excellence

OYO = on your own

A – Accountability/Ambition/Attitude

T – Think/Trustworthy

**Conflicts/Dr. appts, etc – communicate w/ Coach Neal ahead of time if there is a family conflict for any T&f practice/contest/activity**