YEAR-ROUND DEVELOPMENT

TRACK & FIELD

WEEKLY TRAINING & PRACTICE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM							
9:00 AM						**Dragons Track Club** Klein Memorial Stadium 8-10 AM	
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM						**Dragons Track Club** Location to be confirmed 12-2 PM	
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM	**Sprint Camp** Athletics Eisenhower HS 6-8 PM	**Sprint Camp** Athletics Missing Element 6-8 PM	**Sprint Camp** Athletics Eisenhower HS 6-8 PM	**Sprint Camp** Athletics Missing Element 6-8 PM			
8:00 PM							

All times are local. Blank calendar blocks have no listed session.

SATURDAY MORNING: MEET AT MISSING ELEMENT BY 7:45 AM

7315 Five Forks Dr, Spring, TX 77379 | Head to Klein Memorial Stadium together for the 8 AM start.

ALL SESSIONS: ARRIVE AT LEAST 15 MINUTES BEFORE THE START.

YOUR TRUE POWER LIES WITHIN.

Missing Element x Sprint Camp Athletics x Dragons