

LOURDES ACADEMY TRACK & FIELD

December 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|---|--|---|
| | | 1 Tropical Park Hill 3:15-5:15 PM | 2 Tropical Park Hill 2:45-4:45 PM | 3 Tropical Park Hill 3:15-5:15 PM | 4 | 5 |
| 6 | 7 | 8 Tropical Park Hill 3:15-5:15 PM | 9 | 10 Tropical Park Hill 3:15-5:15 PM | 11 | 12 Tropical Park Hill 7:30 - 9:45 AM |
| 13 | 14 Tropical Park Hill 3:15-5:15 PM | 15 | 16 Tropical Park Hill 2:45-4:45 PM | 17 | 18 | 19 Tropical Park Hill 7:30 - 9:45 AM |
| 20 | 21 Tropical Park Hill 7:30 - 9:45 AM | 22 | 23 Tropical Park Hill 7:30 - 9:45 AM | 24 | 25 | 26 Tropical Park Hill 7:30 - 9:45 AM |
| 27 | 28 Tropical Park Track 7:30 - 9:45 AM | 29 | 30 Tropical Park Track 7:30 - 9:45 AM | 31 | Tropical Park - 7900 SW 40 ST, Miami, FL 33155 Belen Jesuit School- 500 SW 127th Ave, Miami, FL 33184 Coach Aguas daguas@olla.org 786-368-1151 | |

January 2016

1/02 - Saturday - Tropical Park Hill
 1/04 - Monday - Tropical Park Hill 3:15 - 5:15 PM
 1/05 - Tuesday - Tropical Park Hill 3:15 - 5:15 PM
 1/06 - Wednesday - Belen Jesuit Track 3:30 - 5:30 PM
 1/09 - Saturday - Tropical Park Hill 7:30 - 9:45 AM
 1/11+ TBA (Starting 1/19 Practices are Monday-Saturday)

"The will to win means nothing without the will to prepare" (Juma Ikangaa)