

# **MORNING RUNNING**

## **Attention all athletes!**

It's that time of year again!

*Time to get ready for morning running!*

Morning running will begin Wednesday January 4<sup>th</sup> and continue until February 22. We will have morning running every Monday and Wednesday morning that school is in session! We will start at 6:15 a.m. sharp and conclude each day by 7:15 a.m. Morning running is free, but we need emergency contact info on every athlete in attendance.

Morning running will include an active dynamic warm up, foot work in the speed ladders, various agility drills involving cones, and work on running form (change of direction, basic running mechanics, etc.) Running will **start** at 6:15 in the main gym. Shower facilities are available at the school. If you have any questions please feel free to contact Coach Coleman at 487-7698.

Don't miss this great opportunity to get better and come together with all UA student athletes and work towards our next championship!

PLEASE COMPLETE AND RETURN TO COACH COLEMAN BY DECEMBER 23

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NAME: \_\_\_\_\_

SPORT: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_