

TRACK AND FIELD CONDITIONING

Conditioning for Track and Field will be held in the stadium, immediately after school until 4pm on the following **Tuesdays** and **Thursdays**:

November 8, 10, 15, 17, 29

December 1, 6, 8, 13, 15

YOU MUST BE COMPLETELY CLEARED BY THE ATHLETIC OFFICE FOR THE 2022-23 SCHOOL YEAR IN ORDER TO PARTICIPATE. NO EXCEPTIONS!

For Clearance Instructions and Forms, please visit the SHS Athletics website, call or stop by the Athletic Department (407) 320-5057 / Health Academy 13-006.

<https://seminolehs.scps.k12.fl.us/athletics/>

