

# Norccross Track and Field

## JANUARY 2016



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### Academics

*"Our grades are a reflection upon work ethic and our work ethic is a reflection upon our character."*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Happy New Year No School	2	3
4 No School	5 No School	6 Track and Field Workout 2:30-4:00	7 Track and Field Workout 2:30-4:00	8 No Workouts	9	10
11 Track and Field Workout 2:30-4:00	12 Track and Field Workout 2:30-4:00	13 Track and Field Workout 2:30-4:00	14 Track and Field Workout 2:30-4:00	15 No Workouts	16	17
18 First Day of Official Track and Field Practice 2:30-4:15	19 Track and Field Practice 2:30-4:15	20 Track and Field Practice 2:30-4:15	21 Track and Field Practice 2:30-4:15	22 No Practice	23	24
25 Track and Field Practice 2:30-4:15	26 Track and Field Practice 2:30-4:15	27 Track and Field Practice 2:30-4:15	28 Practice 2:30-4:15 Parent Meeting 6:30PM	29 No Practice	30 6th Annual Blue Devils Run 8:00 am ALL Track and Field Athletes are expected to attend	31
		<b>NOTES:</b>				

Head Coach:  
Cam Jones

Assistant Head Coach:  
Danielle Hughes

Remind:  
Text-"@NHSFast"  
To- 81010

# Norccross Track and Field

## FEBRUARY 2016



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### Discipline

*"Discipline is the bridge between goals and accomplishment."*

*-Jim Rohn*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Track and Field Practice 2:30-4:15	2 Track and Field Practice 2:30-4:15	3 Track and Field Practice 2:30-4:15	4 Track and Field Practice 2:30-4:15	5 No Practice	6	7
8 Competition Season Track and Field Practice 2:30-4:15	9 Track and Field Practice 2:30-4:15	10 Track and Field Practice 2:30-4:15	11 Track and Field Practice 2:30-4:15	12 No Practice	13	14
15 Track and Field Practice 2:30-4:15	16 Track and Field Practice 2:30-4:15	17 Track and Field Practice 2:30-4:15	18 Track and Field Practice 2:30-4:15	19 Track and Field Practice 2:30-4:15	20	21
22 Track and Field Practice 2:30-4:15	23 Track and Field Practice 2:30-4:15	24 Titan Classic Track Meet at Discovery High School	25 Track and Field Practice 2:30-4:15	26 Track and Field Practice 2:30-4:15	27	28
29 Track and Field Practice 2:30-4:15						
		<b>NOTES:</b>				

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# Norccross Track and Field

## MARCH 2016



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### Attitude

*"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."*

*-Wade Boggs*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Track and Field Practice 2:30-4:15	2 Track and Field Practice 2:30-4:15	3 Track and Field Practice 2:30-4:15	4 Track and Field Practice 2:30-4:15	5 14th Annual Bartow Jenkins Invitational at Central Gwinnett	6
7 Track and Field Practice 2:30-4:15	8 Track and Field Practice 2:30-4:15	9 Track and Field Practice 2:30-4:15	10 All Comers Track Meet at Parkview High School	11 No School No Practice	12	13
14 Track and Field Practice 2:30-4:15	15 Track and Field Practice 2:30-4:15	16 Track and Field Practice 2:30-4:15	17 Track and Field Practice 2:30-4:15	18 Coaches Invitational Track Meet at Lakewood Stadium - Atlanta,	19 Coaches Invitational Track Meet at Lakewood Stadium - Atlanta,	20
21 Track and Field Practice 2:30-4:15	22 Track and Field Practice 2:30-4:15	23 Track and Field Practice 2:30-4:15	24 Track and Field Practice 2:30-4:15	25 Track and Field Practice 2:30-4:15	26 Gwinnett County Championships at Mill Creek High School	27
28 Track and Field Practice 2:30-4:15	29 Track and Field Practice 2:30-4:15	30 Track and Field Practice 2:30-4:15	31 Quad Track Meet at Berkmar HS			
NOTES:						

# Norccross Track and Field

## APRIL 2016



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**Effort**

*"Continuous effort - not strength  
or intelligence - is the key to  
unlocking our potential."  
-Winston Churchill*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Spring Break No School	2	3
4 Spring Break No School	5 Spring Break No School Practice 7:30-9:00am	6 Spring Break No School Practice 7:30-9:00am	7 Spring Break No School Practice 7:30-9:00am	8 Spring Break No School	9	10
11 Track and Field Practice 2:30-4:15	12 Track and Field Practice 2:30-4:15	13 Titan Tune Up at Discovery High School	14 Track and Field Practice 2:30-4:15	15 Track and Field Practice 2:30-4:15	16 Norcross High School Prom	17
18 Track and Field Practice 2:30-4:15	19 Track and Field Practice 2:30-4:15	20 Track and Field Practice 2:30-4:15	21 Track and Field Practice 2:30-4:15	22 Track and Field Practice 2:30-4:15	23 Regional Track Meet	24
25 Track and Field Practice Must Qualify 2:30-4:15	26 Track and Field Practice Must Qualify 2:30-4:15	27 Track and Field Practice Must Qualify 2:30-4:15	28 Track and Field Practice Must Qualify 2:30-4:15	29 Track and Field Practice Must Qualify 2:30-4:15	30 Sectional Track Meet (Must Qualify)	
		<b>NOTES:</b>				

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# Norccross Track and Field

## MAY 2016



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**DEDICATED**

"The true measure of one's character, isn't how they handle their success but how they handle their failuers"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Track and Field Practice Must Quailify 2:30-4:15	3 Track and Field Practice Must Quailify 2:30-4:15	4 Track and Field Practice Must Quailify 2:30-4:15	5 Girl's State Track Meet Boy's Practice 2:30-4:15	6 Girl's State Track Meet Boy's Practice 2:30-4:15	7 Girl's State Track Meet Boy's Practice 2:30-4:15	8
9 Track and Field Practice Must Quailify 2:30-4:15	10 Track and Field Practice Must Quailify 2:30-4:15	11 Track and Field Practice Must Quailify 2:30-4:15	12 Boy's State Track Meet	13 Boy's State Track Meet	14 Boy's State Track Meet	15
16	17	18	19 End of the Year Banquet Location: TBD	20	21	22
23 Final Exams	24 Final Exams	25 Final Exams Last Day of School	26	27	28	29
30	31	<b>NOTES:</b>				

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