



Sullivan Redskins Track and Field Calendar



January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
Coach Bert Recovering from Knee Surgery...	Christmas Break	Christmas Break	Distance Workout: See Posted Calendar Lifting @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Lifting @ 3:30 PM	Distance Workout: See Posted Calendar
7	8	9	10	11	12	13
	Distance Workout: See Posted Calendar Lifting @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength @ 3:30 PM	Distance Workout: See Posted Calendar
14	15	16	17	18	19	20
	Distance Workout: See Posted Calendar No School: MLK Day (Track Practice Can Start)	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar
21	22	23	24	25	26	27
	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar Indy Glazier Football Coaching Clinic	Distance Workout: See Posted Calendar Indy Glazier Football Coaching Clinic
28	29	30	31	1	2	3
	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar	Distance Workout: See Posted Calendar Speed/Strength and Field Event Work @ 3:30 PM	Distance Workout: See Posted Calendar

