

FEBRUARY / MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	27 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	28 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	29 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	1 Practice <ul style="list-style-type: none"> Sprinters Distance 	2 Practice <ul style="list-style-type: none"> Distance 	3 OFF
4 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	5 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	6 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	7 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	8 Jim Camhout Invitational Northshore Track, Slidell	9 Practice <ul style="list-style-type: none"> Distance 	10 OFF
11 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	12 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	13 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	14 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers Exams 	15 Crusader Relays Tad Gormley Stadium Exams	16 Practice <ul style="list-style-type: none"> Distance 	17 OFF
18 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	19 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	20 Jim Bickford Invitational Chalmette High School	21 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	22 Practice <ul style="list-style-type: none"> Sprinters Distance 	23 Practice <ul style="list-style-type: none"> Distance 	24 OFF
25 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	26 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	27 Mike Conlin Memorial Joe Yeni Metairie	28 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers No School	29 Practice <ul style="list-style-type: none"> Sprinters Distance No School	30	31 



Audubon Park - Meet at the foot of Prytania on the DLS side of the park.

Harrell Track
2202 Leonidas St, New Orleans, LA 70118

Locations are subject to change. Please check the GroupMe app for updates.

You should arrive **before** the scheduled start time and be ready to train.

Bring:

- Running Shoes / Spikes
- Yoga Mat or Beach Towel
- Water

AMELIA PRADOS

Head Coach
504-259-4758

aprados@delasallenola.com

If you want to do things you've never done before...you have to do things you've never done before.

APRIL / MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers No School	2 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	3 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	4 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	5 Chubby Marks Classic Tad Gormley	6 Practice <ul style="list-style-type: none"> Distance 	7 OFF
8 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	9 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	10 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	11 St. Martin's Episcopal Invitational TENTATIVE	12 Practice <ul style="list-style-type: none"> Sprinters Distance 	13 Practice <ul style="list-style-type: none"> Distance 	14 OFF
15 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	16 <ul style="list-style-type: none"> Practice Sprinters Distance Throwers 	17 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	18 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	19 DISTRICT MEET	20 Practice <ul style="list-style-type: none"> Distance 	21 OFF
22 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	23 REGIONAL MEET	24 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	25 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	26 Practice <ul style="list-style-type: none"> Sprinters Distance 	27 Practice <ul style="list-style-type: none"> Distance 	28 OFF
29 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	30 <ul style="list-style-type: none"> Practice Sprinters Distance Throwers 	1 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	2 Practice <ul style="list-style-type: none"> Sprinters Distance Throwers 	3 Practice <ul style="list-style-type: none"> Sprinters Distance 	4 STATE MEET	5 OFF

Audubon Park - Meet at the foot of Prytania on the DLS side of the park.

Harrell Track

2202 Leonidas St, New Orleans, LA 70118

Locations are subject to change. Please check the GroupMe app for updates.

You should arrive **before** the scheduled start time and be ready to train.

Bring:

- Running Shoes / Spikes
- Yoga Mat or Beach Towel
- Water

AMELIA PRADOS

Head Coach

504-259-4758

aprados@delasallenola.com

If you want to do things you've never done before...you have to do things you've never done before.