

Self-Discipline is when your Conscience -

To Do Something AND you don't Talk BACK

Shot-Put - Find Series H/S - Tech + COND. Fr

Altier 44' 42" 43' 11 1/2"

Steve 513" Flex -

Menges 34'6" F 38' 8 1/4"

Dan 516" Plant

PV - Tech -

454H - T+Form

45D

Scott 1110R Pop-ups

LYLE 6.8

Mike

David Towel Down

TRUCH 6.2R

BRUNO

220 D Form + Relay

440

Mike 35.3R

Kevin 35-61-PS

Rod 28.7 leg Speed

Phil - 32-63-Warm-up

2 mile Relay 9:33R

mile Run To Much

DEARTH 64- 2:17

John 67 2:26 3:49

WAGS 65- 2:23

PAUL - - -

Vince 67 2:20

880 (CONFIDENCE)

Time 67+ 2:23

WAGS - 72 To SL

880 Relay 1:46R

Chris 64 2:11R

MILLS 24.6 FRANKS 25.5

Polac 27.6 DICKENS 26.0

2 mile Run - BASE

Ken 72 2:36 3:57 5:26 7:03 8:23 9

Bob 71 2:34 4:04 6:37 7:11 8:40 10

mile Relay 3:51R

Heller 55 Deeds 58

Flora 57 TRUCH 57.7

D mers - more mileage + Base

Field Events - CONCENTRATION + Tech

SPRINTERS - Base + Tech + S+S

HURDLERS - CONFIDENCE + Base + Tech

Flex + Stretch more

Indoor Seasons Scoop - 16 Records

Keep working