

ISLANDER TRACK & FIELD

2026 - PRESEASON TRAINING

- When does it start?
 - **MONDAY, December 1st**
- What time?
 - **3:45 PM...** *I don't believe in long practices... We finish around 5:15 – 5:30 PM*
- What days will we have practice?
 - Initially **Monday, Tuesday and Thursday**
 - In January, we will add **Wednesdays** (HS season officially begins on **February 7, 2026**)
 - **Distance Runners...** Contact Coach Green for details about your curriculum
 - Email: plugh@crowncity.com or phone: 619-869-6873
 - **Throws Athletes...** Contact Coach Yee or Coach Young for details about your curriculum
 - Email: coachdonnayee@gmail.com or stayoungpapa@gmail.com
- Where will practice be held?
 - At the CHS Stadium/Track & Field facility
- Who can participate?
 - **ALL** Coronado High School students are welcome to participate
- Is this a prerequisite for being on the Track & Field Team?
 - **No!** Participation is **COMPLETELY VOLUNTARY**, however...
 - **CHAMPIONSHIPS** are built during **pre-season!**
- What should I wear?
 - Comfortable workout gear, running shoes (in good condition)
 - **ALWAYS BRING WATER!**
- What if I don't know anything about Track & Field?
 - Don't worry about that... We will teach you
 - We will focus on "base" training (Speed Development, Strength & Power)
- What if I have more questions?
 - **Contact Coach Gary (Head Coach)**
 - Email: coronadohs.tracknfield@gmail.com
 - Instagram: [@coronadohs.tracknfield](https://www.instagram.com/coronadohs.tracknfield)
 - Cell phone: 619.895.4699

We ask potential CHS Track & Field athletes to pre-register here:

<https://forms.gle/SizwM1tAN7Mff4E27>

(This is **NOT** the Athletic Clearance... It is for the **HIGH SCHOOL** Track & Field **ROSTER** only)

If you are NOT in a CHS Winter sport (basketball, soccer, etc.) ...

You NEED pre-season TRACK & FIELD training!