



#1 This piece of equipment is what truly brings the team together in track. It's 2 bad there are only 2 of these races at a meet.



#2 "Christmas" is coming so if you want to get anywhere fast you better hop on one of these!



#3 It's plank time-30 second video of the team planking together! Fitness room is where it's at!



#4 Spell out TRACK with the team's bodies on the ground.



#5 'Lunging' around the softball dugouts are we? Video 20 lunges 10 on each side.



#6 Knock Knock...who's there? Sauce. Sauce who? Sauce isn't home right now so you better get a pic of his house!



#7 Mime a tennis game at the courts-all team players are needed.



#8 Selfie's are a man's best friend-find a dog and get a team selfie with it.



#9 Team relay around the soccer/baseball fields on video.



#10 Squatting together by the coolest Chem teacher in town...or his classroom! Video it-20 squats!

