

Keswick Track 2023

Welcome to Keswick Track. All athletes 6th -12th grade are welcome!

Schedule is posted on KCS website under athletics

Conditioning Mondays and Wednesdays 3:30-4:30 for all athletes
NOT in a winter sport

Your athlete is welcome to join once they have finished their
winter sport

Regular Season begins Jan. 30th - practice everyday 3:30 to 5:15

Athletes will need:

Water bottle

Running shoes

Work out clothes

Warm clothing for inclement weather

We look forward to working with your athlete and family! Please
be in prayer for a safe and successful season.

If you have any questions, please feel free to reach out.

Coach Nunnally

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