

# Segerstrom Jaguars



## Track and Field

**Summer Practice**

**Starts July 6th**

**Tuesday, Thursday, Saturday**

**8 AM - 10 AM**

**Must be cleared to participate.**

**Go to**

**<https://www.jagathletics.us/page/53203bbd-8060-4a73-a812-8e1d6feeac88> for instructions**

**Bring running shoes, track shoes (3/16 pyramid spikes), water, and a hard-working attitude.**

**Join the Track Summer Google Classroom to stay updated:**

**Class Code: zkrlrpma**

**More information?**

**Coach Vu**

**lan.vu@sausd.us**