

Attention Parents,

Starting next Monday, October 16, 2023, Coach Jones will be taking [registrations](#) for **North Stars 10 Hard Steps Intramural Track and Field Conditioning**. He will be training any and all students who are serious about getting faster and stronger As well as achieving their overall fitness goals!

The training sessions will be on **Mondays, Wednesdays, Thursdays, and Fridays from 3:15 to 5:15 PM** in the Haven Fitness Center. This is a great training precursor to track and field before we start up our 2023-24 run for this year's IESA track and field season. Remember this is totally FREE and FUN so don't miss out

