

TAMPA PREP 2025 TRACK & FIELD - COACHING STAFF & PRACTICE / MEET SCHEDULE

HEAD COACH – JON NOLAND
LEAD ASSISTANT COACH – HEANON TATE
ASSISTANT COACH – CC CULPEPPER
ASSISTANT COACH – MASON CATHEY BRADY

MONDAY –

4:00 – 5:45PM – PRACTICE @ UTAMPA TRACK
COACH TATE / COACH CULPEPPER

TUESDAY –

6:45 – 8:00AM – PRACTICE ON CAMPUS TURF FIELDS OR GYM
COACH NOLAND / COACH CULPEPPER / COACH CATHEY BRADY

WEDNESDAY –

4:00 – 5:45PM – PRACTICE @ UTAMPA TRACK
COACH NOLAND / COACH TATE / COACH CULPEPPER

THURSDAY –

4:00 – 5:45PM – PRACTICE @ UTAMPA OR JULIE B LANE
COACH NOLAND / COACH CULPEPPER / COACH TATE

FRIDAY –

4:00 – 5:45PM – PRACTICE @ UTAMPA TRACK
COACH NOLAND / COACH TATE / COACH CULPEPPER

SATURDAY –

NO TEAM PRACTICE

SUNDAY –

NO TEAM PRACTICE

DAILY PRACTICE SESSION BREAKDOWN

MONDAY / WEDNESDAY / THURSDAY / FRIDAY PM

5' – FULL TEAM POW WOW (TALK TO COVER PLANS / FOCUS POINTS & HOUSEKEEPING)

20' – FULL TEAM SKILLS & DRILLS (10' OF INITIAL DYNAMICS & 10' OF DRILLS)

5' – BREAK

60' - MAIN SET ON UT TRACK (BREAK OUT INTO EVENT GROUPS)

5' – FULL TEAM STRETCH

105' – 1:45 TOTAL TIME (INCLUDES 10' WALK TIME TO/FROM UTAMPA)

TUESDAY AM

5' – FULL TEAM POW WOW (TALK TO COVER PLANS / FOCUS POINTS & HOUSEKEEPING)

15' – FULL TEAM SKILLS & DRILLS (15' OF INITIAL DYNAMICS)

5' – BREAK

45' - MAIN SET ON TP FIELDS (BREAK OUT INTO GROUPS)

5' – FULL TEAM STRETCH

75' – 1:15 TOTAL TIME

2025 TAMPA PREP TRACK & FIELD SCHEDULE

1 – FRI, FEB 28TH – **CALVARY CHRISTIAN WARRIOR INVITATIONAL** – CALVARY HS

2 – SAT. MAR 1ST – **BERKELEY PREP INVITATIONAL** – BERKELEY PREP

3 – THR, MAR 6TH – **CHARGER INVITATIONAL** – SHORECREST PREP

4 – THR, MAR 13TH – **MUSTANG INVITATIONAL** – NORTHSIDE CHRISTIAN HS

5 – SAT, MAR 15TH – **FREEDOM SPRING BREAK INVITATIONAL** – FREEDOM HS

6 – THR, MAR 27TH – **SHORECREST SENIOR NIGHT** – SHORECREST PREP

7 – SAT, APR 5TH – **STEINBRENNER INVITATIONAL** – STEINBRENNER HS

8 – MON, APR 7TH – **INDIAN ROCKS SPIKE NIGHT** – INDIAN ROCKS CHRISTIAN HS

9 – THR/FRI, APR 10TH-11TH – **PRIVATE SCHOOL CHAMPIONSHIPS** – BERKELEY

10 – THR, APR 17th – **FHSAA (1A3D9) DISTRICT MEET** – SHORECREST PREP

11 – SAT, MAY 3RD – **FHSAA (1A3) REGIONAL MEET** – NORTHSIDE CHRISTIAN

12 – SAT, MAY 10TH – **FHSAA (1A) STATE CHAMPIONSHIPS** – UNF JACKONSONVILLE

