

**WWW.FLASHFRONTRUNNERS.ORG**

**Practice Information 2025:**

Practice starts on Wednesday, April 16th at Roosevelt High School Track at address below.

Roosevelt High School Track

5110 Walzem Rd

San Antonio, TX 78218

Spring Football Practice will be on the field starting Monday, April 14th through Thursday, May 15th. I want all the athletes to meet me and the coaches at the front entrance at 6:15 p.m. for track practice. Once Spring Football Practice is over, we will practice at 6:00 p.m.

Workouts will be held on Monday, Tuesday, Wednesday, and Thursday from 6:00 p.m. – 8:00 p.m., and some selected Saturdays from 9:00 a.m. - 11:00 a.m.

SEE YOU THERE!

Many Thanks,

Coach Ellis

Email: sellis@flashfrontrunners.org

Phone #: (210) 872-6859