

JACKET CONDITIONING

Location : High School Weight Room

WEIGHTS, RUNNING, AGILITIES,
SPEED TRAINING

SUMMER '19



STING 'EM!

LADY JACKETS

(INCOMING 7-12 GRADES)
7:30-9:00AM
DAILY

Week 1 – June 10-12
Week 2 – June 17-19
Week 3 – June 24-26
Week 4 – July 1 and 2
Only
Week 5 – July 8 and 11
Only
Week 6 - July 15-17

JACKETS

(INCOMING 7-12 GRADES)
M- 8-9:15AM
TUES – 7:30-9:30AM
THURS – 8-9:15AM

Week 1 – June 10-11,13
Week 2 – June 17-18,20
Week 3 – June 24-25,27
Week 4 – July 1 and 2
Only
Week 5 – July 8 and 11
Only
Week 6 - July 15-16,18
Week 7 – July 25,26
Week 8 – Senior Led
July 29,30, Aug. 1