

# **LADY JACKETS**

## **100%-Strength and Conditioning**

Incoming 7<sup>th</sup>-12 grades

10AM-11:30AM

(meet at the Field House)

### **June Dates M-TH**

3-6

10-13

17-20

24-27

### **July Dates M-TH**

1<sup>st</sup> and 2<sup>nd</sup> only (Monday/Tuesday)

15-18<sup>th</sup>

***\*For information about sport specific practices over the summer please contact:***

***Volleyball- Dusty Crafton (830) 279-9996***

***dcrafton@boydisd.net***

***Basketball- Erica Warner (940) 206-5198***

***ewarner@boydisd.net***