



FEMALE ATHLETES

Fitness and Conditioning Program

A few of our girls sports coaches for Seaford have come together to create a mini winter program designed for female athletes. We have all played at the college level and understand what it takes to be a successful female athlete. Regardless of an athlete's ability, the road to success starts with preparation and dedication. Therefore, we've decided to volunteer our time and focus on female athletes of Seaford School District. Our hope is for you to be better prepared for the upcoming 2019 Spring season. Take advantage of this opportunity and our knowledge so we can help you on your road to be a successful athlete!

**EXPECTATIONS
FOR ALL GIRLS
WHO
PARTICIPATE**

SHOW UP READY!

**TUESDAY &
THURSDAY
3:15 - 4:30 PM**

**IMPROVE YOUR
ENDURANCE!**

**DIAA PHYSICALS
ARE TO BE
COMPLETED**

**Coach Cat
Coach Phelps**

February 5-28