

Summer Conditioning

Volleyball- June 17,19,20,24,25,26- 7:00am-9:00am

July 8,10,11,22,23,24,25- 7:00am-9:00am

Girls Basketball- Monday, Tuesday, Wednesday, Thursday- 5:00pm-7:30pm

Saturday- 10:30am-1:00pm

Boys Basketball- Monday, Tuesday, Wednesday, Thursday- 6:30pm-8:30pm

Saturday- 11:00am- 12:30pm

Lacrosse - Monday, Tuesday, Wednesday, Thursday- 5:00pm- 6:30pm

Football- Starting June 24 Monday-Friday 4:00pm-6:30pm