



After-School Conditioning Program

WE ARE BACK!!!!

Not only do we return from the Winter Break on January 4, 2021, but we will also resume our After-School Conditioning Program! We will continue our workouts with specific emphasis on football and volleyball. The program will run from 3:40 – 5:10pm Monday through Thursday. An Activity Bus will be available for students/athletes and leave from the school at 5:15pm.

A typical daily schedule:

3:40 – 4:25	HS Volleyball	Upstairs Gym (Volleyball)
	Football	Football Field
	JH Volleyball	Main Gym (Conditioning)
4:25 – 4:35	Break/Cleaning	
4:35 – 5:10	HS Volleyball	Main Gym (Conditioning)
	Football	Events Center (Conditioning)
	JH Volleyball	Upstairs Gym (Volleyball)
5:15	Busses Leave High School	

All students are welcome even if you are not a football or volleyball player.

If you have not yet signed up all you need are a sports physical and to sign up on Family ID.