

Girls Winter Speed, Strength & Agility

FOR ALL FEMALE ATHLETES (ALL SPORTS)
8th to 12th Graders

Monday 2:45 - 4pm

Tuesday 6 - 7pm

Thursday 6 - 7pm

Starting January 7th

LSN weight room

PLEASE CONTACT SHELBY HOFFMAN OR COLBY MATTHEWS FOR QUESTIONS
SHELBY.HOFFMAN@LSR7.NET COLBY.MATTHEWS@LSR7.NET
