



Spring Practice and Summer Conditioning

Spring Practice dates:

- Monday (May 10), Tuesday (May 11) and Wednesday (May 12) at McCracken on the turf field. Practice time 3:30 – 5.
- AND
- Monday (May 17), Tuesday (May 18) and Wednesday (May 19) at McCracken on the turf field. Practice time 3:30 – 5.

Open to any 6th, 7th, and 8th grader that has a complete and current physical packet on file. You must have this to participate.

ATTENTION: If you played a sport this year, your current physical is good. However, these physicals expire on May 31 and you will need a new physical to participate in summer conditioning/workouts.

Summer Conditioning/Workouts (Rising 7th and 8th Graders)

- Will begin on June 1.
- Monday – Thursday from 8 AM – 10:30 AM each week
- There will be no workouts on the weeks of July 5 or July 26
 - Pick-ups and drop offs will be at the Viking Arena
 - Breakfast (starting at 7:45) and lunch (afterwards) will be served.