



Athletic Conditioning Enrichment

2022-2023 YWLA Athletes

Month of June

Tues. & Thurs. 4:00 p.m. -6:00p.m.

Young Women's Leadership Academy
GYM A

Join us for "Open Gym" summer conditioning, weightlifting & agility skills!

RegistrationLink:https://www.google.com/url?q=https://saisd.co1.qualtrics.com/jfe/form/SV_01D9LuOb2Aj9Bd4&sa=D&source=editors&ust=1652963716575064&usg=AOvVaw1RE1KffomGWSKRPD33Sgey

HS & MS ATHLETIC CONDITIONING CAMP

ATHLETES ONLY! MUST HAVE A PHYSICAL!

Dates: Mon.-Thurs. July 25th-28th

Time: 4:00- 6:00pm

HS VOLLEYBALL TRY-OUT'S

Aug. 1st-5th 4:30-7:30 p.m.

Sat. Aug. 6th Practice 9:00-12:00 p.m.

Tues. Aug. 9th- First HS VB Game

MS VOLLEYBALL TRY-OUT'S

FIRST DAY OF SCHOOL!!! AUG. 16th 3:45-5:45 P.M.

***black spandex shorts & black knee required**

!!! ALL SUMMER ATHLETIC PROGRAMS REQUIRE AN ATHLETIC PHYSICAL PRIOR TO PARTICIPATION.