

SUMMER WORKOUTS



JULY 11TH - AUGUST 12TH
MONDAYS, WEDNESDAYS, & FRIDAYS
9AM - 11AM

WHAT TO EXPECT

- STRENGTH TRAINING
- CONDITIONING
- VOLLEYBALL, FOOTBALL, BASKETBALL & CROSS COUNTRY SKILLS & DRILLS
- SPIRITUAL DEVELOPMENT
- OPEN GYMS

INCENTIVES

- 10 SESSIONS - FREE T-SHIRT
- 15 SESSIONS - FREE T-SHIRT & FREE HOODIE



QUESTIONS?

- OPEN TO ALL NCS STUDENTS 7TH-12TH GRADE
- TRANSPORTATION CAN BE ARRANGED

CONTACT INFORMATION:

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