

Buna Girls Athletics Summer Workouts



WHAT: Summer Strength and Conditioning Workouts

Additional Sport Specific Skill Training will take place after workouts. Coaches will keep you updated on when they will take place.

WHEN: Monday - Thursday 9:00 - 10:30 am

- June 7 - 10
- June 14 - 17
- June 21 - 24
- June 28 - July 1
- July 5 - 8
- **OFF WEEK:** July 12 - 15
- July 26 - 29

WHERE: Jr. High Weight Room / Gym

WHO: Grades 7 - 12

*****Please bring your own drink and towel each day*****