

SUMMER SPRINTS/JUMPS TRAINING
FOR CONTINUING STUDENTS AND INCOMING FRESHMEN
June 23 – August 8

TUESDAYS @ 11:30

**SPRINT WORK ON THE TRACK
WITH COACH HENDERSON**



THURSDAYS @ 11:30

**STRENGTH WORK ON THE TRACK & IN
THE WEIGHT ROOM WITH COACH SHAMASS**

SATURDAYS @ 10:00

**HILL RUNS AT THE ENTRANCE TO
BRIDLE COURT WITH COACH KARBO**



FOR MORE INFORMATION, CONTACT COACH KARBO AT MKARBO@SRVUSD.NET