*East River Lady Falcons*



*2018 Summer Conditioning Schedule*

**WHEN:** July 9, 10, 11, 12 July 16, 17, 18, 19 July 23, 24, 25, 26

10:00-12:00 10:00-12:00 10:00-12:00

**WHERE:** East River High School Gymnasium and Grass Practice Field

**CHECKLIST:**

* **Confirm** via email the night before if you plan on attending the following day.
* Bring running or indoor shoes, soccer cleats and sunscreen.
* Bring water. Consume before, during, after training; Hydrate-Hydrate-Hydrate.
* Bring food (pre & post recovery; granola bar, chocolate milk, fruit, etc.)
* Something to think about: You Are What You Eat!



An **athletic physical** has to be completed/submitted before participation is allowed. Paperwork is located in the front office or can be downloaded via the athletic website.

**Girls Soccer Coach:** patrick.moons@ocps.net

 **Athletic Trainer:** patrick.mirocha@ocps.net

 **Athletic Director:** kristopher.klein@ocps.net