*East River Lady Falcons*



*2019 Summer Conditioning Schedule*

***WHEN:*** June 4, 6 June 11, 13 June 18, 20 June 25, 27

4:00-6:00 4:00-6:00 4:00-6:00 4:00-6:00

July 9, 11 July 16, 18 July 23, 25

9:00-11:00 9:00-11:00 9:00-11:00

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

***CHECKLIST:***

* ***CONFIRM*** **via email the night before if attending the next 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.

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**Athletic Director:** [kristopher.klein@ocps.net](mailto:kristopher.klein@ocps.net)