

12/29/2023

Look over plan and be familiar with it!!!

Camp workers the camp plan will be up tomorrow look it over and be familiar with it!!!

Grades 9 & 10 will lift at 10:00 AM

Grades 11 & 12 arrive to start setting up equipment at 10:30 AM and be ready to stay past 1:00 PM to do speed work

Workout Plan for Friday, December 29, 2023 – [CLICK LINK](#)