

Coach Simoneaux's

CATHOLIC JR. HORNETS 2018

SUMMER STRENGTH & CONDITIONING

- Who: Available to all male Incoming 6th -8th Graders
- Time: Monday, Tuesday, Thursday 10:15am-11:45am
- When: 1st workout begins Monday June 11th.
- No workouts the week of July 4th.
- Thursday July 19TH will be the last workout.
- Fee will be \$100 per athlete.
 - Make checks payable to: CHSPC
 - Memo on the check → Summer Lifting



BUILDING CHAMPIONS

On the Field, in Life, and in Christ