



# LEWISVILLE FIGHTING FARMER

## STRENGTH & CONDITIONING SCHEDULE



### June

MON	TUES	WED	TR
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24

# SUMMER 2021

**COST \$75**

Athletes entering 7<sup>th</sup>-12<sup>th</sup>

Pay Online

**REGISTER ONLINE**



### June/July

MON	TUES	WED	THUR
28	29	30	1
12	13	14	15
19	20	21	22
26	27	28	29

[WWW.LEWISVILLEFOOTBALL.COM](http://WWW.LEWISVILLEFOOTBALL.COM)

TWITTER: @LHSFBALL

ATHLETIC COORDINATOR: MICHAEL ODLE

Session 1 :10<sup>th</sup>-12<sup>th</sup> Boys 7:00-8:55 a m

Session 2 :7<sup>th</sup>-9<sup>th</sup> Boys 10:15-12:00 p m

Session 3 :7<sup>th</sup>-12<sup>th</sup> Girls 9:00-11:30 a m