

# Girls Soccer Conditioning

Where: Meet on the 2<sup>nd</sup> floor by A.

When: Starts today, January 7!!! 3:30-5:30

Who:

- Monday, Wednesday, Friday afterschool for Juniors, Seniors, and former Varsity and JV players
- Tuesday and Thursday for Freshmen and Sophomores

Dress comfortably; bring **running shoes**.

\*\*\*Need more info?

[LaneGirlsSoccer.com](http://LaneGirlsSoccer.com)

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