

NUECES CANYON SPORT-SPECIFIC SCHEDULE & STRENGTH & CONDITIONING

<u>WEEK</u>	<u>TIME</u>	<u>Coach</u>
June 2 nd – June 4 th	9:00 AM – 10:30 AM	Sweeten
June 9 th – June 11 th	9:00 AM – 10:30 AM	Sweeten
June 16 th – June 18 th	6:00 PM – 7:30 PM	Sweeten (VBS)
June 23 rd – June 25 th	9:00 AM – 10:30 AM	Sweeten
June 30 th – July 2 nd	9:00 AM – 10:30 AM	Sweeten

*****Strength and Conditioning will follow every day from 9:00 AM –10:30 AM*****

*****Boys' Coaches will assist with the gym on League Nights*****

***** Memorial Day & July 4th Holiday will be observed through off days. ****

b. sweeten's cell: (830)-234-7385

*** The gym will be open longer or more often if coaches are available for some additional hours in the gym. ***

***** N.C. J.H. and H.S. Students ONLY. *****