



Cardinal Athletics Summer Conditioning

9TH-12TH GRADE

REGISTRATION

- \$50 registration fee for all 9th-12th grade participants due on the first day of attendance.

9TH-12TH GRADE SCHEDULE

Daily schedule begins Monday, June 6th and repeats until Thursday, July 21st.

All boys meet in main gym to start. All girls meet in Lejeune gym to start.

MONDAY

- 6:30AM — Boys Football (Juniors and Seniors)
- 7:00AM — Boys Football (Sophomores and Freshmen)
- 8:30AM — Boys Non Football Athletes (Soccer, Baseball, Basketball, etc.)
- 8:30AM — Girls Athletes (ALL)

TUESDAY

- 6:30AM — Boys Football (Juniors and Seniors)
- 7:00AM — Boys Football (Sophomores and Freshmen)
- 8:30AM — Girls Athletes (Juniors and Seniors)
- 9:00AM — Girls Athletes (Sophomore and Freshmen)
- 10:30AM — Boys Non Football Athletes (Soccer, Baseball, Basketball, etc.)

WEDNESDAY

- 7:00AM — Football (ALL)
- 8:30AM — Girls Athletes (ALL)

THURSDAY

- 6:30AM — Football (Juniors and Seniors)
- 7:00AM — Football (Sophomores and Freshmen)
- 8:30AM — Girls Athletes (Juniors and Seniors)
- 9:00AM — Girls Athletes (Sophomore and Freshmen)
- 10:30AM — Boys Non Football Athletes (Soccer, Baseball, Basketball, etc.)

FRIDAY

- 7:00AM — Football (ALL)