



#arenafocus
#personalaccountability
#relentlesseffort

Kyle Lasseigne
Athletic Director

E. D. White Catholic HS
555 Cardinal Drive
Thibodaux, LA 70301

(985)446-8486
klasseigne@hdiocese.org

8th GRADE 2024 SUMMER CONDITIONING

All incoming 8th grade athletes (boys and girls) are strongly encouraged to take part in strength and conditioning during the month of July. These workouts will be designed by Zach Case of Core Physical Therapy and will occur on the dates provided below.

The summer conditioning fee will be collected by coaches during the first week of workouts or at your first day of attendance. If there are issues with summer fee, please contact the athletic office at (985) 446-8486.

If you are unable to attend every session, we understand. However, we strongly believe in our strength and conditioning program and want you to begin your athletic career with us in pursuit of becoming the best athlete you can. See you in July!

SESSIONS: July 1, 2, 8, 9, 11, 15, 18, 22, 23, 25

COST: \$35 per athlete (Cash or checks made to EDW)

LOCATION: Main Gym

DRESS: T-shirt, Shorts, Tennis Shoes

Thanks,

Coach Kyle Lasseigne