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## **2024 SUMMER CONDITIONING**

All athletes are strongly encouraged to take part in strength and conditioning throughout the summer regardless of sport. These workouts will be designed by Zach Case of Core Physical Therapy and will occur on the dates provided below.

Students who are currently enrolled in our strength and conditioning course for next school year must attend 75% of the scheduled workouts to remain in that course. These workouts, however, are not mandatory for participation on sports teams here at E. D. White per LHSAA rules.

The summer conditioning fee will be collected by coaches during the first week of workouts. If there are issues with summer fee, please contact the athletic office.

### **SESSIONS:**

GIRLS –

**Session 1:** (ALL FEMALE ATHLETES)  
8-930am

BOYS –

**Session 1:** (FOOTBALL ATHLETES)  
Group A 615am-830am                      GROUP B 645am-900am

**Session 2:** (BASKETBALL, BASEBALL, SOCCER, etc. **ONLY** ATHLETES)  
9am-11am

### **COST:**

\$50 per athlete (Cash or checks made to EDW)

### **DATES:**

GIRLS –

(28 dates)

June 3, 4, 5, 6, 10, 11, 12, 13, 17, 18, 19, 20, 24, 25, 26, 27  
July 1, 2, 8, 9, 10, 11, 15, 18, 22, 23, 24, 25

COACHES: Johnson, Spinner, Lotz, Cenac, Dardar, Ordoyne, Bourgeois, Reed\*

BOYS –

(22 dates)

June 3, 4, 6, 10, 11, 13, 17, 18, 20, 24, 25, 27  
July 1, 2, 8, 9, 11, 15, 18, 22, 23, 25

COACHES: Lasseigne, Bergeron, Callahan, Chiasson, Hymel, Duet, Bimah, Ford, Matherne, Plitt, Barbier, Reed\*

(Most Wednesdays and Fridays for boys are reserved for sport-specific workouts designed and offered by each sport's coaches)