**2023 Summer Strength and Conditioning Schedule**

**\*Starting May 30th we will have JH/HS Girls and Boys Strength and Conditioning Camp from 8:00 am till 10:30 am.**

**-Weight Room will remain OPEN till 4 pm Monday-Thursdays throughout the summer.**

**\*We will go ONLY TUESDAY MAY 30th and WEDNESDAY MAY 31st the first week due to Memorial Day Holiday.**

**\*We will pick back up June 5th- June 7th.**

**\*June 12th- June 14th.**

**\*June 19th- June 21st.**

**\*June 26th – June 28th.**

**\*\*The Lady Wildcats will have Volleyball skills available every day after camp and Open Gym to follow.**

**-Coach Greebon and Coach Holt will have information on both Volleyball and Basketball Summer League Play.**

**\*\*The Wildcats will have 7 on7 available every day after Camp and Open Gym to follow.**

**-We will play 7 on 7 Tuesdays in June starting June 5th at 6 pm, here in Water Valley vs Grape Creek.**

**-Coach Mimms, our Head Boys Basketball Coach, will have Summer League information available when finalized.**

**\*\*WE WILL HAVE NO ORGANIZED WORKOUTS OR TEAM EVENTS IN THE MONTH OF JULY!!!**

**\*\*This will give everyone time to enjoy their summer and get ready for the upcoming seasons!**