



- Optional independent summer workouts will be posted in the google classroom page:
<https://classroom.google.com/c/MzgwMjg4MzMxMjg2?cjc=jkx3sh5>
- First day of team practice 9:00AM 8/15/22 at Flinn by the soccer fields.
- Please bring your own water, come in athletic clothing, and good running/cross training shoes.