

## **Attention LP Girls wanting to play soccer this year:**

For the next 4 weeks (July 16th to August 8th), Girls soccer will be doing the following for current and new players\*\*

Tuesdays - Strength Training: 8:30 - 9:30 am LP weightroom

Wednesdays Pick-up soccer: 8:30 - 10:00 am

- If the daily high is 95+: it will be at Riverbend
- If the daily high is below 95: it will be at Harrison Stadium

Thursdays - Strength Training: 8:30 - 9:30 am LP weightroom

Please wear workout clothes -

- soccer shorts and tennis shoes for weightroom
- soccer shorts and cleats for pick-up soccer . bring shin guards and water as well

**\*\*All players need to complete a physical and the online clearance before they can participate:**