



THOMAS STONE HIGH SCHOOL SUMMER WORKOUTS FOR FALL ATHLETIC TEAMS

Parents / Athletes,

These summer workouts are NOT mandatory!! However, they will help with the transition to High School, team building, relationships, and conditioning for the upcoming season. I don't believe an athlete can make it through a season healthy without properly training the body. We are going to have a **Coach/Parent/Athlete meeting for Fall sports in the Auditorium on July 31 @ 6pm**. Please try to attend.

JV and Varsity Football Workouts – coachdanielfriipple@gmail.com

Every Monday, Tuesday, Thursday 7:30-10:30am starting on June 18

JV and Varsity Field Hockey Workouts – elbertrebecca@yahoo.com

Every Tuesday 6-8pm starting on June 19

JV and Varsity Volleyball Workouts – tpayton@ccboe.com

Every Tuesday, Wednesday, Thursday 7-9am and 5:30-7:30pm, so you have a choice. This will begin June 26th. No PM workouts on July 10,11,24,25,26

Boys and Girls Soccer Workouts - tparkersoc@hotmail.com or pjames@ccboe.com

Every Tuesday and Thursday 6:00 – 7:30pm

Golf practices will begin August 8 at 3:00. Meet at White Plains Golf Course.

esine@ccboe.com

Cheer – nasyahill@yahoo.com Every Monday starting July 9 from 5-7pm

THE FIRST OFFICIAL DAY OF PRACTICE IS AUGUST 8.

Athletes must have a physical completed and insurance on file at the following site:

<https://thomasstonehs-ar.rschooltoday.com/> . You can download that information to the site immediately.