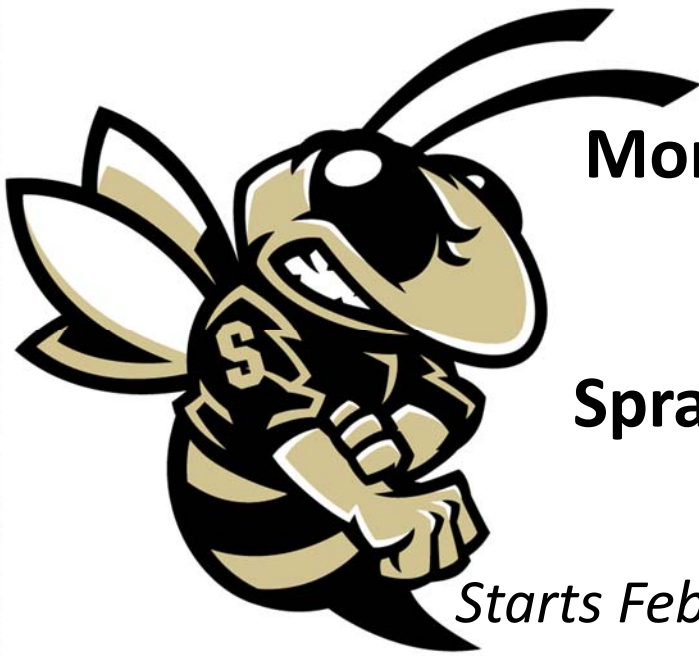


**2021 Jr. Jacket
Winter/Spring
Strength and Conditioning
Rising 6th, 7th, 8th Grade**



Monday, Tuesday, Thursday

6:30—8:00 pm

Sprayberry High School Gym

Starts February 8th through April 29th!

No training Winter Break (2/15-2/19)

or Spring Break (4/5-4/9)

Kids will have temperature checked and asked COVID screening questions. They need to have tennis shoes and comfortable exercise clothes for working out in the gym/ outside along with **plenty of their own water**. Also, they should wear a mask when they enter and leave the facility.

*Register at www.sprayberryfootball.org
sprayberryjr@gmail.com*