

Summer S&C is open to all incoming 7-12 graders. Sign-ups are open until Thursday, May 26th at 12:00pm. Below is the link to the online registration. In addition to our training, there will be a nutritional station/training table available to all participating students to refuel after their training in the high school cafeteria. More information on this to follow. If you have any questions, please contact Coach Nick Crouse at [ncrouse@spscne.org](mailto:ncrouse@spscne.org).

<b>SUMMER SCHEDULE</b>			
Week 1	May 31-June 2		
Week 2	June 6-June 9		
Week 3	June 13-June 16		
Week 4	June 20-June 23		
Week 5	June 27-June 30		
Week 6	DEAD WEEK		
Week 7	July 11-July 14		
Week 8	July 18-July 21		
Week 9	July 25-July 28		
Fall Pre-Season	August 1		
<b>DAILY SCHEDULES</b>			
Monday	Tuesday	Wednesday	Thursday
6-7am (HS Boys & Girls)	6-7am (HS Boys & Girls)	6-7am (HS Boys & Girls)	6-7am (HS Boys & Girls)
7-8am (HS Boys & Girls)	7-8am (HS Boys & Girls)	7-8am (HS Boys & Girls)	7-8am (HS Boys & Girls)
8-9am (HS Girls)	8-9am (HS Girls)	8-9am (HS Girls)	8-9am (HS Girls)
9-10am (HS Boys & Girls)	9-10am (HS Boys & Girls)	9-10am (HS Boys & Girls)	9-10am (HS Boys & Girls)
10-11am (7th Grade)	10-11am (8th Grade)	10-11am (7th Grade)	10-11am (8th Grade)