

South Side High School Summer

Conditioning/Sport Specific Conditioning

> <u>Football</u>

Coach: Tiny Lee Contact: tinylee42@gmail.com

Days: Monday, Wednesday and Friday from 2pm – 4pm

> <u>Volleyball</u>

Coach: Scott Vanover Contact: vanoverscott@gmail.com

Days: Tuesday, Wednesday and Thursday from 2:30pm – 4:30pm

Boys Soccer

Coach: Mitch Palmer Contact: palmmc@gmail.com

Days: Monday – Friday from 5:30pm – 7:00pm

Girls Soccer

Coach: Jessica Sandoval and Harley Kucinsky Contact: jessica.sandoval@fwcs.k12.in.us

Days: Monday and Thursday Strength and Conditioning from 12:30pm – 2pm & Wednesday 2pm – 3:30pm * Summer League on Tuesdays (TBD)

Girls/ Boys Cross Country

Coach: Taylor Buzzard and Blair Phillips Contact: blair.phillips@fwcs.k12.in.us

Days: Monday - Friday 7:30am - 9:00am

Boys Tennis

Coach: Thomas Sheppard Contact: Thomas.sheppard@fwcs.k12.in.us

Days: Monday, Tuesday and Thursday from 2:30pm – 4:30pm

Cheerleading

Coach: Dawn Clopton <u>Contact: dawn.clopton@fwcs.k12.in.us</u>

Days: Cheer Clinic: August 3rd and 4th from 6:00pm – 8:30pm Try-Outs: August 5th @ 6pm

Girls Basketball

Coach: Juanita Goodwell Contact: mejia-goodwell.juanita@fwcs.k12.in.us

Days: Monday and Wednesday 2pm -4 pm (Tuesday 6/8 & Thursday 6/10 times 4:30pm-6pm)

More information about sport specific conditioning and fall season will be at the meeting