

Summer Weight Room 2009

Summer Weight Room will run during the weeks starting July 6th through Aug 12th on Tuesdays, Wednesdays and Thursdays only from 4pm to 6pm.

Captain Practices 2009

There are no Captain Practices permitted on school grounds. Only practices with our coaches in attendance are permitted on school property. Coaches must give a schedule to Mr. DiColo if you are planning to use school facilities for any workouts.