

# SJRCS

HAVE  
FUN!

IMPROVE  
AGILITY

# SPORTS CONDITIONING CLINIC

IMPROVE  
STRENGTH

**Lead by Brian Edwards**

*Sessions Include:  
Stretching, Parachute  
Sprints, Ladders, Mini  
Hurdles, Relay Races, Dot  
Drills, & So Much More!*

**FRIDAYS - SJRCS FIELD  
3:30 PM - 4:30 PM  
MARCH 15 - MAY 17  
WEEKLY SIGN-UP OPTION**

**FREE FOR ALL STUDENTS  
PK TO 8TH GRADE**

<https://tinyurl.com/SJRCSCC>