



JR JACKET

**SPRING STRENGTH & CONDITIONING
RISING 6TH, 7TH, 8TH GRADE**

TUESDAYS & THURSDAYS

7:00 – 8:00 PM

SPRAYBERRY HIGH SCHOOL

**Starts February 25th thru April 24th!
No training Spring Break (4/7-4/11)**

Players will need to dress for both inside and outside and bring both tennis shoes and cleats, along with plenty of their own water. Workouts will be in the weight room, gym and football field.

**NEW TO JR
JACKET
FOOTBALL?
PLEASE
COMPLETE THIS
FORM:**



**REGISTRATION OPENING
SOON AT
WWW.SPRAYBERRYFOOTBALL.ORG**

