

Saydel Athletic Opportunities

Grades 7th-12th

June 2017

Personal Fitness

Speed & Agility Workouts:

Mondays & Wednesdays: 8-9 AM

Weight Room Workouts:

Mondays & Wednesdays: 9 -10:30 AM & 3-4:30 PM

Fridays: 8-12 PM

Sports Skill Development

Boy's Basketball

Tuesdays & Thursdays: 1-2:30 PM

Sunday (Summer League) 12-6 PM

Girl's Basketball

Mondays - Fridays 9-11 AM

Wrestling

Open Wrestling Room

Sundays & Wednesdays: 5-6 PM

All June opportunities will be held at Saydel High School.
For more information, call Saydel Activities Dept. 515-262-9325