

# Lakota Raider Athletics

Athletes and Parents,

The month of June has been awesome! We have had tremendous participation at our fourteen evening June workouts. Attendance ranged from 45-63 athletes every night and these kids worked hard and were amazing to work with!

Special thanks to the following Coaches that volunteered their time to make it all worthwhile: Coaches Mike Lento, Erin Foos, Zeb Wedge, Mackenzie Nino, Ron Meade, Amy Chalfin, Roger Geyman, Keegan Lowe, Adam Good, Maddy King, Cory Gregg, Gabby Gregg, Adam Gnepper, Chad Biddle and Kevin Yeckley.

Here is what we have for in store for **July** strength training workouts:

Tuesday and Thursdays beginning July 14, we will continue strength training workouts for **HS and JH Volleyball, JH Football, and Boys/Girls Basketball**, although, all athletes are welcome! (HS Football will move to morning workouts.)

**Time:** 7:00 – 8:15 pm

**Days:** Tuesdays and Thursdays

**When:** July 14, 16, 21, 23, 28, 30

**Objective:** Athletes will be put through a strength training, speed & agility & conditioning workout.

**Important:** Athletes are to continue to **bring their own water bottle** and wear appropriate gear. If athlete is not feeling well, they are to stay home! We will continue to practice safe guidelines set forth by the state and local authorities.

**Parents**, we ask that you please pick up your student-athlete promptly at 8:15 pm to avoid unwanted congregating of groups. Also, be sure to get Sports Physicals done before August 1.

Yours in Athletics and Go Raiders!

Mr. Yeckley

Athletic Director