

**CROSS**  
**COUNTRY**

July 6th, 8th, 13th, 15th, 20th

22nd, 27th, 29th

Riggs Park

@7-8pm



**FOOTBALL**

June 7th, 9th, 14th, 16th,

21st, 23rd

@Colt Stadium

9-11:30 am

July 6th-9th

@Colt Stadium

6-7:30pm



Please bring your  
own water bottle and  
mask.

You do not need a  
new physical for  
summer  
conditioning.

316-554-2251

**Summer  
Conditioning  
2021**



**WEIGHTS**  
**AND**  
**CONDITIONING**

June 1st- 24th  
(except Fridays)

7:30-9am



**BOYS**  
**BASKETBALL**

June 3rd, 10th, 17th, 24th

@HMS Gym 1

11am-1pm

July 5th, 7th, 9th, 12th, 14th, 16th

@HMS Gym 1

11am-1pm



**VOLLEYBALL**

June 2nd, 7th, 9th, 14th, 16th,  
21st, 23rd

July 5th, 7th, 12th, 14th

@HMS Gym 1 9:30-11am



**GIRLS**

**BASKETBALL**

June 3rd, 8th, 10th, 15th, 17th,  
22nd, 24th

@HMS Gym 1 9:30-11am



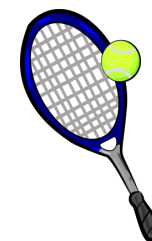
**TENNIS**

June 7th-24

(except Fridays)

@HMS Tennis courts

9-11am



**CHEER**

July 26th-30th

Current HMS Cheerleaders

9am-2pm

@HMS Gym 1

