

Do You Want To Be A *BETTER* Athlete?

- Do you play volleyball, soccer, badminton, basketball or baseball?
- Do you want to take your performance and your team's performance to the next level?
- Are you interested in participating in track and field?
- Do you want to spend more time on the lake: wakeboarding or water skiing?

Improving your power, agility and core strength will allow you to become a better athlete. You will jump higher, move quicker, and have better balance and coordination. This will make you a better player and make your team a stronger team.

Come join Miss Krywiak & Mr. Riley and have some fun at our spring conditioning:

When: Most Tuesdays and Wednesdays starting March 14th (next Wednesday)

Time: 3:30 to 4:45 (you will be changed and ready to leave the school by 5:00)

Get better. Challenge yourself. Improve your achievement. Compete.

Grab a calendar from foyer bulletin board and join us.

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 The Basketball Tourn.
11	12 PD Day	13 Badminton practice	14 Spring conditioning	15 Badminton practice	16 Ski Trip	17
18	19 Badminton practice	20 Spring conditioning	21 Spring conditioning	22 Badminton practice	23 High School Badminton tourn. @ Lloyd	24
25	26 Spring Break Starts	27	28	29	30 Good Friday	31

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Easter Monday	3 Badminton practice	4 Spring conditioning	5 Badminton practice	6	7
8	9 Badminton practice	10 Spring conditioning	11 Spring conditioning	12 Badminton practice	13	14
15	16 Badminton practice	17 Spring conditioning	18 Sr High SPAA Badminton Spring con.	19 Open House/ School showcase	20	21
22	23 PD day	24 Jr High SPAA Badminton Spring con.	25 Sr High Zone Badminton Spring con.	26 Spring conditioning	27	28
29	30					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 RCMP Road Race Spring con.	2 Spring conditioning	3	4	5 Provincial Badminton (Sr. High)
6	7	8 Spring conditioning	9 Spring conditioning	10 Spring conditioning	11	12
13	14 Spring conditioning	15 Spring conditioning	16 Sr High SPAA track and field	17	18 PD Day	19
20	21 Victoria Day	22 Spring conditioning	23 Zone track and field	24 Spring conditioning	25	26
27	28 Spring conditioning	29 Spring conditioning	30 Spring conditioning	31 Spring conditioning	June 1 Provincial Track	June 2 Provincial Track