



ATHLETICS

TRAINING – CONDITIONING - WORKOUT SCHEDULE

SPORT	GRADE	START DAY	DAYS OF WEEK	TIME	LOCATION
Boys Soccer	7 - 12	September 21 st	Mon, Wed, Fri.	3:30 – 5:15	John G. Dowd Field
Girls Soccer	7 - 12	September 22 nd	Tues, Thurs.	3:30 – 5:15	John G. Dowd Field
Co-ed Soccer	K – 6	September 21 st	Mon, Tues, Wed.	5:45 – 7:00	John G. Dowd Field
	K – 2	September 26 th	Saturdays	10:00 – Noon	John G. Dowd Field
	7 – 12	September 27 th	Sundays	4:00 – 6:00	John G. Dowd Field
Cross Country & “Run 4 Fun” Training	7 – 12	September 21 st	Mon, Wed, Fri.	3:20 – 4:30	Recreation Park (Stretch at SCCHS)
Boys / Girls Golf	7 – 12	September 21 st	Contact Coach Dave McPeek		Traditions
Tennis	7 – 12	September 22 nd	Tues, Wed, Thur.	3:45 – 5:00	SUNY-Broome
Boys Lacrosse	7 – 12	September 28 th	Tues, Wed. (Weight Training)	3:30 – 5:00	John G. Dowd Field
		October 3 rd	Saturdays (Skills)	1:00 – 3:00	John G. Dowd Field
*Boys Basketball	7 – 12	October 6 th	Tues, Thurs.	6:15 – 8:00	Gallagher Gymnasium
*Girls Basketball	7 – 12	October 5 th	Mon, Wed.	6:15 – 8:00	Gallagher Gymnasium

* Athletes will sign –up w/ Mr. Sinicki.

3 groups per night , 6:15 – 6:45, 6:50 – 7:20, 7:25 – 7:55 .

6 players – 6 balls – 6 baskets.

Basketballs will be disinfected after each group’s session.

ALL ACTIVITIES ARE OPEN TO ALL STUDENTS !!! ATTENDANCE WILL BE TAKEN DAILY.

ALL ACTIVITIES WILL STRICTLY ADHERE TO ALL NEW YORK STATE DEPARTMENT OF HEALTH GUIDELINES.

CONTACT INFORMATION

Boys Soccer	Alex Walsh	alexwalsh324@yahoo.com
Girls Soccer	Stephen Powell	spowell@sunsigndesigns.com
Cross Country	Tom Carter	tom cartertd@sunybroome.edu
Tennis	Katie Loughlin	kloughli@stny.rr.com
Boys Basketball	Chris Sinicki	csinicki@syrdiocese.org
Girls Basketball	Colleen Jayne	colljayne@icloud.com
Golf	Dave McPeek	dmcpeek34@gmail.com