

Ola Girls Lacrosse

2021-2022 Pre Season Conditioning Schedule

Players must have a current physical in and be approved in Dragonflymax

NOVEMBER		Conditioning	Location	Focus
Monday	15th	3:30 - 4:30	Elementary Regular Field	Upper Body
Tuesday	16th	3:30 - 4:30	Stadium	Stretching 1 Mile Evaluation
Wednesday	17th	3:30 - 4:30	Elementary Regular Field	Upper Body / Speed
Thursday	18th	3:30 - 4:30	Side of School Near Main Gym	Lower Body (Hills), Footwork and Agility
Monday	29th	3:30 - 4:30	Elementary Regular Field	Upper Body/ Sprints / Dodge Ball
Tuesday	30th	3:30 - 4:30	Stadium	Cardio and Distance Stairs / Quarters Fast & Slow
DECEMBER				
Wednesday	1st	3:30 - 4:30	Elementary Regular Field	Upper Body / Agility Course / Speed
Thursday	2nd	3:30 - 4:30	Side of School Near Main Gym	Lower Body (Hills), Footwork and Agility
Monday	6th	3:30 - 4:30	Elementary Regular Field	Upper Body / Agility Course / Speed
Tuesday	7th	3:30 - 4:30	Stadium	Stretching 1 Mile Evaluation
Wednesday	8th	3:30 - 4:30	Elementary Regular Field	Frisbee Crosse Game 12&11 vs. 10&9
Thursday	9th	3:30 - 4:30	Stadium	Bleachers / Endurance
Monday	13th	3:30 - 4:30	Elementary Regular Field	Upper Body/Agility Course / Speed
Tuesday	14th	3:30 - 4:30	Side of School Near Main Gym	Lower Body (Hills), Footwork and Agility
Wednesday	15th	3:30 - 4:30	Elementary Regular Field	Frisbee Crosse 12& 9 vs. 11&10
Thursday	16th	3:30 - 4:30	Stadium	Bleachers / Endurance Voluntary 1 Mile Evaluation If you want to get it done before tryouts
Monday	20th	3:30 - 4:30	Elementary Regular Field	Lower Body / Agility Drills
Tuesday	21st	3:30 - 4:30	Elementary Regular Field	Upper Body/ Sprints / Dodge Ball
JANUARY				
Monday	10th	3:30 - 4:30	TBD	
Tuesday	11th	3:30 - 4:30	TBD	
Wednesday	12th	3:30 - 4:30	TBD	

Thursday	13th	3:30 - 4:30	STADIUM	Voluntary 1 Mile Evaluation If you want to get it done before tryouts
Tuesday	18th	3:30 - 5:30	TRYOUTS	
Wednesday	19th	3:30 - 5:30	TRYOUTS	