

2019 Indoor Season and Winter Training Schedule Hershey Site

December Schedule

Thursday practices start at 6:30pm and 7:30pm

Saturday Practices start at 10:30am

- 12/6- Practice at Athletic Club of Hershey
- 12/8- Outdoor Conditioning –Cocoa Beanery, Bullfrog Valley Road, Hershey, PA
- 12/13- Practice at Athletic Club of Hershey
- 12/15- Outdoor Conditioning- Shank Park, Hershey, PA
- 12/20- Practice at Athletic Club of Hershey
- 12/22 - Outdoor Conditioning- Lower Dauphin HS Track

2019 Blaze Indoor Winter Break Training Week

Dec. 26 th Track	Dec. 27 th	Dec 28 th Shank Park	Dec. 29 th Track	Dec. 30th Shank Park	Dec. 31 st Track
1-2pm Jump/Throw	Ocean Breeze Holiday Classic	2-3pm Conditioning	1-2pm Jump/Throws	2-3pm Conditioning	1-2pm Jump/Throws
2-3pm Conditioning	(Others Run on own)	No PM Indoor Session	2-3pm Conditioning		2-3pm Conditioning

****The purpose of the December winter training schedule is to get our athletes back into competition shape in a relatively short time frame It is our intention to move outside and take advantage of the open space when weather permits. Please have your athletes dress appropriately for the lower temperatures.**

****Please be sure to sign up for Remind so that you are aware of Practice Announcements and/or cancellations**

**Hershey Site Remind:
Enter number 81010
Text this message: @blazehersh**