

## HIILHOUSE FOOTBALL



## Weight Training/Conditioning

**Days: Tuesdays and Fridays** 

Time: 3:00 pm to 4:30 pm

Location: Floyd Little Athletic Center
Weight Room

**Any questions contact Coach Lytle** 

Beginning May 11<sup>th</sup> and May 14<sup>th</sup>
9<sup>th</sup> Graders, 10<sup>th</sup> Graders and 11<sup>th</sup> Graders

**GO HOUSE!**