

Team Conditioning

- Who:** All returning players and incoming freshman are highly encouraged to participate
- When:** August 17 - 21, 8 a.m. - 12 p.m.
- Where:** Cleveland's Gym
- Cost:** \$50 @ the door

To participate, you must bring with you:

- completed Physical Clearance Form or Update Clearance Form
- completed blue card

Both of these forms are available from Cleveland's Office. (To determine which medical form noted above you will need, call 503-916-5120 or visit:

<http://www.cleveland-sports.net/medical.htm>)

Team Tryouts

- Who:** All returning players, incoming freshman and new students who wish to participate in the program the 2009 year
- When:** August 24 - 26, 8 a.m. -12 p.m.
- Where:** Cleveland's Gym

NOTE FROM COACH CAMILLE ADANA:

By August 24, each player should be able to:

- Do 50 Push ups (they will be done within 5 minutes 20-20-10)
- Do 100 Air squats
- Jump rope for 20 minutes (work on alternate foot patterns)
- Do 150 Sit ups (with a partner)

Also practice sprinting hills and stairs this summer.