



PRFH
Summer Conditioning Meeting
5/17/2010

Sports Physicals



- PRHS Stadium
- Friday, June 11, 2010
- New forms will be available online mid May.
- Check back to PRSD Athletics page for more information.
- Absolutely NO physicals done prior to June 1, 2010 will be accepted.

Summer Conditioning Program



- IMX Pilates
 - Summer Student Membership @ IMX
- Andy Jakub, Jakub's Training
 - Speed, Agility, Power and Endurance
 - Scholarships Available (see Coach Steve or Melissa Kortyna)

Tryouts & Pre-Season



- **Dates, Times, and Location**
(PR Stadium)
 - Aug. 15 (Mandatory Parent Meeting)
 - Aug. 16, 17, 18, 19 8:30AM - 12:30PM
 - Aug. 20 (Kennywood Day) 8:30AM - 11:45AM
 - Aug. 21 (Scrimmage at PRHS Stadium)
 - Aug. 23, 24, 25 8:30AM - 12:30PM
 - Aug. 26 (First Day of School)
- **Team Picnic** (Treesdale Community Center)
 - Sun. Aug. 29, 2-6PM

Fall Game Schedule



- Refer to High School Sports .Net
- Game scheduled Oct. 11th (no school)
- Note that Varsity Home Games will be played first, prior to JV
- Away Games - order of Varsity/JV games depends on hosting team
- **THIS CAN CHANGE!!**
- Sign up for schedule changes.

Summer Programs



- Summer League (PRHS Stadium)
 - Thu. Evenings, June 17 - Aug. 5
- Varsity Team Camp, Kent State
 - July 12-15
- JV Team Camp, Academy Int'l (PRHS Stadium)
 - July 26-30