

## Fall Off-Season Strength & Conditioning



### Off-Season Groups/Times:

#### **Group 1: Girls Basketball (10th-12th)**

\*Dates & Times will be sent to Coach Dasovich\*

Start Date: August 30th

End Date: November 13th

#### **Group 2: Boys Basketball & Boys Lacrosse (10th-12th)**

\*Dates & Times will be sent to Coach Tesdahl & Coach Yue\*

Start Date: August 30th

End Date: November 23rd

#### **Group 3: Developmental Group Boys/Girls (9th-12th)**

*\*Any Athlete in their 1st year training w/ Coach Moon\**

Start Date: September 13th

End Date: November 12th

### MHS Scholarship Requests-Fall Sports

-Partial and full scholarships are also available for students qualifying for free and reduced-price meals and need-based. Prior to registering, click on the "MHS Scholarship Requests-Fall Sports" tab for information on how to register.

### Registration

-Click the link below to register for "MHS Fall Strength Training"

<https://1976a.cf.wordwareinc.com/>

### Schedules

Schedules will be posted on the Strength & Conditioning Website

<https://www.minnetonkaschools.org/activities/mhs-athletics/sports/strength-conditioning>

### Questions

Please email [taylor.moon@minnetonkaschools.org](mailto:taylor.moon@minnetonkaschools.org)