



YCHS

CHEER CONDITIONING

Tuesday July 26th - Thursday July 28th

Time: 4:00pm to 6:00pm

Place: Shadford Field (YCHS Football field/track)

Please wear comfortable clothes.

ABSOLUTELY NO CROCS!

You must wear athletic shoes to workout.

**We will be getting ready for tryouts and the football season ahead. Bring water
because we will be working out.**

*Contact Coach B. Jackson if you have any questions or
concerns.*

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