

Out of Season Conditioning

2021-2022

Sports Physical Must Be On File To Participate

Boys & Girls Soccer- Tuesday & Thursday 2:30 -4:45 (Practice Field behind High School)

Coach Steve Grech- stevegrech23@yahoo.com

Girls Basketball- Tuesday & Thursday 2:30 – 4:45 (Parks & Rec. Gym)

Coach Neko Burson- nburson@nkcps.k12.va.us

Wrestling- Monday 3:30 – 4:30 in Wrestling Room, Wednesday & Thursday 2:30-3:30 (Weightroom)

Coach Mike Faus- mfaus@nkcps.k12.va.us

Baseball- Monday & Thursday 2:30 – 4:45 (Varsity Baseball Field)

Coach Trevor Ronan- tronan7@yahoo.com

Boys Basketball- Monday & Wednesday 6:30 – 7:30 PM (Weightroom) 7:30 - 8:30 PM (Parks & Rec. Gym)

Coach Garrett Ross- garrett.ross@mobelux.com