

HUNTINGTON UNION FREE SCHOOL DISTRICT

Department of Health, Physical Education and Athletics

James M. Hoops, District Director jhoops@hufsd.edu

Intramurals

Strength and Conditioning for Boys' Lacrosse

Huntington High School students currently enrolled in grades 9-12 are invited to participate in an intramural strength and conditioning lacrosse program. These school sponsored sessions will include general conditioning and strength training along with an opportunity to learn more about the sport of lacrosse.

The program will run Tuesday and Thursday from 2:30-4:15 pm in the Huntington High School Weight Room & Turf beginning on Tuesday, February 14 and running through Thursday, March 9.

Attendance at all sessions is not required. Participate when it is convenient. You must wear sneakers, dress accordingly and bring your own water.

For more information contact

Coach Watts (631) 673-1768

Email: jwatts@hufsd.edu