



## 2018 Summer Workouts

### 7<sup>th</sup> - 12<sup>th</sup> Grade

#### Weights and Agilities:

- RLP Field House – 7401 Ferguson Road
- May 30<sup>th</sup> – July 20<sup>th</sup> – Mondays / Wednesdays / Fridays
  - Off the week of July 2<sup>nd</sup>
- Workouts are from 9 – 11am
  - Wear appropriate attire and shoes to run in
  - Bring a teammate to workout with. It builds teamwork!

#### Practices (Upper school only)

- Lakehill main campus – 2720 Hillside Drive
- Basketball
  - Mondays / Wednesdays 12 – 1:30pm
- Volleyball – Tuesdays / Thursdays
  - 2:30 – 4pm

#### Open Gyms (7<sup>th</sup> – 12<sup>th</sup> Grade)

- Lakehill main campus – 2720 Hillside Drive
- Basketball
  - Wednesdays 1:30 – 2:30pm
- Volleyball
  - Tuesdays 1 – 2pm

#### Any questions contact the following coaches:

**Athletic Director** (Coach Yttredahl) – [byttredahl@lakehillprep.org](mailto:byttredahl@lakehillprep.org)  
**Football / Girls Basketball** (Coach Vaughn) – [rvaughn@lakehillprep.org](mailto:rvaughn@lakehillprep.org)  
**Volleyball** (Coach Cayme) – [jcayme-mosley@lakehillprep.org](mailto:jcayme-mosley@lakehillprep.org)  
**Cross Country** (Coach Owen) – [kowen@lakehillprep.org](mailto:kowen@lakehillprep.org)  
**Boys Basketball** (Coach Neyland) – [bneyland@lakehillprep.org](mailto:bneyland@lakehillprep.org)  
**Cheer** (Mrs. Burt) – [mburt@lakehillprep.org](mailto:mburt@lakehillprep.org)  
**Speed / Agility / Soccer** (Coach Hincapie) – [soartraining@att.net](mailto:soartraining@att.net)  
**Strength / Conditioning** (Mr. Jones) – [mjones@lakehillprep.org](mailto:mjones@lakehillprep.org)