

Fall Sports Development and Training

(Grades 5th - 8th)

Athletes will be learning about and competing in the fall sports programs provided by the WSC school district. The coaches will be instructing a variety of skills to prepare all athletes for the upcoming season.

2023

January	February	March
Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
8 9 10 11 12 13 14	8 9 10 11 12 13 14	8 9 10 11 12 13 14
15 16 17 18 19 20 21	15 16 17 18 19 20 21	15 16 17 18 19 20 21
22 23 24 25 26 27 28	22 23 24 25 26 27 28	22 23 24 25 26 27 28
29 30 31	29 30	29 30 31
31		
April	May	June
Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
8 9 10 11 12 13 14	8 9 10 11 12 13 14	8 9 10 11 12 13 14
15 16 17 18 19 20 21	15 16 17 18 19 20 21	15 16 17 18 19 20 21
22 23 24 25 26 27 28	22 23 24 25 26 27 28	22 23 24 25 26 27 28
29 30	29 30 31	29 30 31
October	November	December
Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
8 9 10 11 12 13 14	8 9 10 11 12 13 14	8 9 10 11 12 13 14
15 16 17 18 19 20 21	15 16 17 18 19 20 21	15 16 17 18 19 20 21
22 23 24 25 26 27 28	22 23 24 25 26 27 28	22 23 24 25 26 27 28
29 30 31	29 30	29 30 31

Dates & Times

July 18th and 20th

July 25th and 27th

8:00am - 12:00pm

Coaches

Mike Loughran

Jason Overton

Ryan Colbert

Jared Wilde



Sports and Training skills

Football / Soccer

Field Hockey / Swim

Volleyball / X-country

Dynamic Warm- up

Stretching

Sportsmanship

Location: East Senior High School: turf, gym, pool

To register please visit the Community Ed website: westseneca.revtrak.net

-or- Scan QR code:



***Each Day athletes should bring:**

water, snack, change of clothes, swim suit, towel