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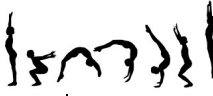
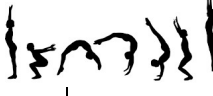



JUNE/JULY SUMMER WORKOUTS 2025

*WAKE FOREST
COUGAR PRIDE*



Please join CANVAS with a Wake County student email address. <https://wcpss.instructure.com/enroll/YLD687>

SUN	Mon	TUE	WED	THU	FRI	SAT
						GO! FIGHT! WIN!
22	23	24	25 Drop In Open Gym/ Tumbling 12-1 AUX GYM 	26	27	28
29	30	July 1	2	3	4	5
DEAD PERIOD NO WORKOUTS						
6	7	8	9 Drop In Open Gym/ Tumbling 12-1 AUX GYM 	10	11	12
13	14	15	16 Drop In Open Gym/ Tumbling 12-1 AUX GYM 	17	18	19
20	21	22	23	24	25	26
DEAD PERIOD NO WORKOUTS						
27	28	29	30 Tryouts	31	Aug. 1	

Please complete the Online Registration for workouts: **AFTER JUNE 1ST**

Directions: <https://docs.google.com/document/d/1wohh0cY5lI79pTYcXU79tXCQKOBt6kr-17F1MVxh8A/edit?usp=sharing> **Parents can also go to** <https://www.dragonflymax.com/academy/parents>

The NCHSAA has changed their physical form as of 6/1/21 it now has two places for the doctor to sign on 2 different pages. For this reason Dragonfly has two places to upload forms (PPE physical exam, and PPE medical eligibility form)! If your athletes had a physical prior to 6/1/21, they will NOT need to go and get the second page signed at this time. They should upload what they have in the physical exam location. They can leave the other blank, I can approve it that way and they will be ok.