

## Southeast Raleigh High School – Summer Conditioning 2023

### Week of July 10-14:

Football M, T, W, Th, 4:30 to 8 pm, Southeast

Soccer M, T, W, Th, 6 pm to 8 pm, Southeast

Golf T, Th 2:30 to 4:30 pm, River Ridge Golf Course

### Week of July 17-23 is a Dead Period for all Sports

### Week of July 24-28:

Football T, W, Th, 3pm to 6 pm, Southeast

Volleyball M,T,W,Th 2:45 to 5pm, Southeast

Soccer M, T, W, Th, 3 pm to 6 pm, Southeast

Tennis M, T, W, Th, 2:45 to 4:30, Southeast

Golf T, Th 2:30 pm to 4:30 pm, River Ridge Golf Course

**Tryouts for all fall sports begin July 31 and end Aug 2<sup>nd</sup>. Please email you coach if you have more questions**

Cross Country	Krystle Medlin	<a href="mailto:kmmedlin@wcpss.net">kmmedlin@wcpss.net</a>
Golf, Women's	Jamin Weagraff	<a href="mailto:jweagraff@wcpss.net">jweagraff@wcpss.net</a>
Soccer, Men's	Grace Bondurant	<a href="mailto:gbondurant@wcpss.net">gbondurant@wcpss.net</a>
Tennis, Women's	Sammy Robinson	<a href="mailto:sprobinson@wcpss.net">sprobinson@wcpss.net</a>
Volleyball JV Volleyball	Haley Rising	<a href="mailto:hrising@wcpss.net">hrising@wcpss.net</a>
Cheer JV Cheer	Tia Long Keina Krezewski	<a href="mailto:trlong@wcpss.net">trlong@wcpss.net</a> <a href="mailto:kkrzewski@wcpss.net">kkrzewski@wcpss.net</a>
Football	EJ Campbell	<a href="mailto:Ecampbell2@wcpss.net">Ecampbell2@wcpss.net</a>