

# **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 program for boys lacrosse. 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 on Monday's and Wednesday's from 2:30-3:30 pm in the Huntington High School weight room beginning October 12 and running through January 18.**

Attendance at all sessions is not required. Participate when it is convenient.

You must wear sneakers and bring your own water.

**For more information contact**

**Coach Watts (631) 673-1768**

**Email: [jwatts@hufsd.edu](mailto:jwatts@hufsd.edu)**