

Portsmouth High School

Summer Sports Conditioning

Open to all Portsmouth High School Student-Athletes
(Incoming Freshmen, Sophomores, Juniors and Seniors.)

Weight Room / Strength Training

Mondays, Wednesdays, and Thursdays (June 28-August 6)
5:30 PM – 7:00 PM
Portsmouth High School Weight Room

Endurance / Running

Mondays / Wednesdays / Fridays (June 28-August 13)
9:00 AM – 10:00 AM
Portsmouth High School Soccer Field

Tuesdays / 3-4 Mile Run (June 28-August 13)
8:00 AM
Portsmouth High School Field House

Thursdays / 3-4 Mile Run (June 28-August 13)
5:00 PM
Portsmouth High School Field House

Bring water and plenty of enthusiasm.
Supervised by Portsmouth High School Staff.