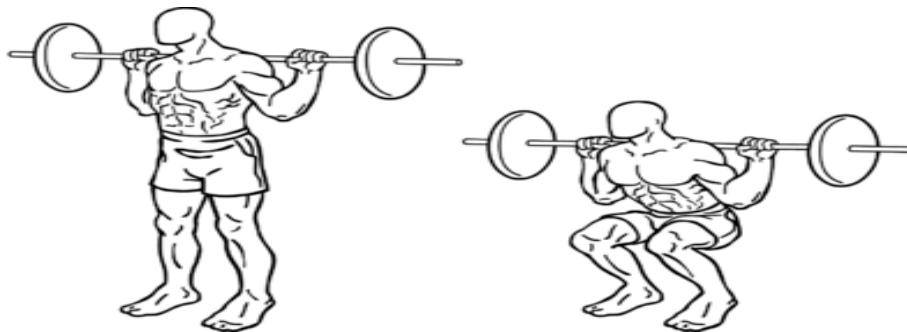


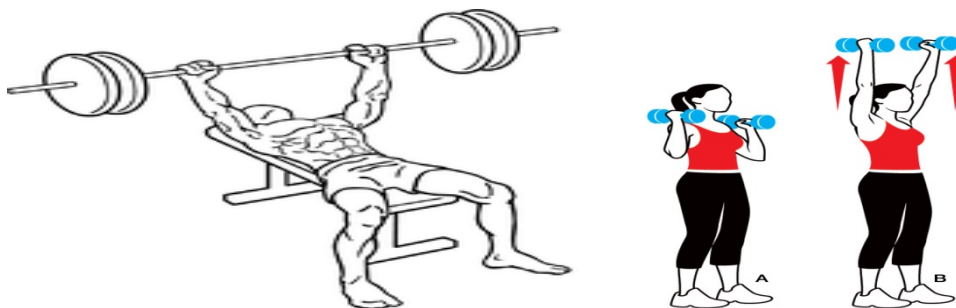
# MINEOLA ATHLETICS

## STRENGTH AND

## CONDITIONING PROGRAM



We are proud to announce the beginning of a great new Strength and Conditioning program in our Athletic Department. Coach Chris Schacca, (Certified Strength and Conditioning Specialist) is developing specific workouts for individual athletes based upon individual performance assessments. This program is open to **ALL STUDENT ATHLETES** and we encourage any student athlete that seeks to be the best they can be to take advantage of this program by setting up an appointment with Coach Schacca for an assessment.



Coach Schacca will have a rotating schedule from season to season as he coaches several sports in the districts Athletic Program. Check with the Athletic Office (516-237-2630), for his schedule and availability. His schedule will also be posted for students on the door of the fitness center at the High School.