



2008 Pre-season Conditioning Program

E-mail cslc@cslax.org to receive the following eight information packets:

- Instructions for pre-season conditioning program
- Pre-season strength and conditioning program 2008
- Conditioning test
- Dynamic warm-up
- Static stretching
- Agility exercises
- Jump rope/Squat/Push-up/Sit-up schedule
- Stick skills (specify Girls or Boys)