



Dear Upper School Families,

We are happy to announce that our Upper School Strength & Conditioning club has resumed for this year. It is free and open to all High School students and any other Upper School students who do not currently have a Physical Education class. This club will convene Monday through Thursday during dismissal and run from 3:30 to 4:15 p.m. in the parking lot/grass/dirt to the south of the building. Signups will occur on a day-to-day basis. Students should sign up on the roster at the front desk at least one day in advance of the training sessions they would like to attend. If a student has signed up and cannot attend or would like to attend and has not signed up, we ask that they talk to me or Mr. John Bascom. We will do a conditioning workout on Mondays, strength on Wednesdays, and Tuesday and Thursday will be dedicated to lower intensity, skill-oriented training sessions.

If you have questions, please contact me at [James.Bascom@GreatHeartsIrving.org](mailto:James.Bascom@GreatHeartsIrving.org).

Warmly,

James Bascom  
Physical Education Teacher, Upper School