



WAKE PREPARATORY ACADEMY

SUMMER WORKOUT SCHEDULE

IMPORTANT: All athletes **must** complete the **RegisterMyAthlete** registration **and** have it approved by administration **before** starting workouts or tryouts. No exceptions.

<u>Women's Volleyball (9th-12th grade only)</u> Site: Legacy Gym 409 Northbrook Dr. Youngsville Dates: June 21 - 23, 28 - 30 July 19 - 21, 26 - 28 Time: 3:30 - 5:30 PM	<u>Football (9th-12th grade only)</u> NOTE: Dates & Time have been updated Site: Wake Prep Academy 14111 Capital Blvd. Wake Forest Dates: June 14 - 16, 21 - 23, 28 - 30 July 19 - 21, 26 - 28 Time: 6:00 - 8:30 PM
<u>Men's Soccer (9th-12th grade only)</u> Site: Smith Creek Soccer Center 690 Heritage Lake Rd., Wake Forest Dates: June 20 - 23, 27 - 30 July 18 - 21 Time: 5:00 - 6:30 PM	<u>Cheer (9th-12th grade only)</u> NOTE: Time has been updated Site: Wake Prep Academy 14111 Capital Blvd. Wake Forest Dates: June 20 - 22 July 18 - 20 Time: 5:30pm - 7:30 PM
<u>Cross Country - NO CUT (6th-12th grade)</u> Site: Wake Prep Academy 14111 Capital Blvd., Wake Forest Practice Dates: August 1-5, 8-12, 15-19 Time: 6:00pm - 8:30pm	<u>CONTACT</u> Daniel Finn Athletic Director dfinn@wakeprep.org

