

## **BAVPA Sports Strength and Conditioning** **Summer Workout Sessions**

BAVPA Sports - Strength and Conditioning Workouts have started and will continue through Friday, August 21 at the Arts Academy.

Students who are in Grades 7 thru 12 are able to participate.

Workouts will be from 8:00 AM to 11:00 AM in the School's Weight Room. Students can come for as little amount of time or as long amount of time as needed between these hours of 8 to 11 AM.

Any questions or concerns please email Coach Rosintoski at [broshintoski@buffaloschools.org](mailto:broshintoski@buffaloschools.org) or your sport specific coach.

Students should sign in at the Michigan St. entrance and report directly to weight room.