



This summer we are going to run cardio and weightlifting sessions at the high school beginning July 5-9th.

This is an excellent opportunity to build a strong base for the fall, winter, and spring. I am encouraging all of the boys to participate! Even if they can only do one session a week that is better than none.

There will be 2-3 cardio workouts from 8:45 - 9:45am and 2-3 weightlifting sessions from 6:15-7:30pm. We will meet at Mustang Way.

In order for your sons to participate, you will need to complete the following:

- Sports registration link for 2021-22. Please check all that apply. You will need to check off fall crew co-ed, winter, and or spring crew as well.
- Your Sports Physicals need to be current or completed, some returning athletes expire this summer.
- Health history update- **MUST BE COMPLETED TO PARTICIPATE**- Question #29 on Sports registration form for 2021-22

Please fill out health history form and email to the nurse at JLatina@mainlandregional.net

MAINLAND REGIONAL HIGH SCHOOL

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