

Results for August 29-September 2

Strength & Conditioning Progress							
	Exercise: Name	Fitness Eval Date & Measure					
		Base Line	Milestone				
			08/29	09/02	09/11	09/18	10/02
1	Mile Run			Group	Group	X	X
2	Push ups						
3	Sit up curls						
4	Svc LineTouch						
5	Spider Drill						
6	20 yd dash						
7	Sit & Reach						
8	Side Shuffle						

Intra-Team Competition			
Opponent Name	Date	Match Won- scores	Match Lost- scores