

2022 – 2023



LADY STRENGTH
BARTRAM TRAIL



Sept. 14, 2022

- Forms
- Athletic Clearance
- **Pre-season WO – Tu & TH**
[Sept. 20, 22, 27, 29 / Oct. 4, 6]
- Season Begins:
OCT. 10, 2022
MONDAY
- **TRY-OUTS**
Monday / Tuesday / Thursday



2022 District Snatch Champs

Commitment
[Work / Academics]

Practice Attendance
No Practice = No Meet

Meet Attendance
[Must have 4 = Districts]

Competitive Team
NOT Conditioning



Online Store

Will be set up by end of 1st week of season

Booster Club

Mandatory Membership

Roster Size

**Safety Restrictions =
22-25 members**



RECAP

Home Campus is
MANDATORY

Pre-season is Optional ...
6 days

Season Try-outs are
MANDATORY!
[Oct 10th to 13th]

**Must Join Booster Club
+ Pay to Play
\$75 min. + \$150 = \$225**



Contact info:

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