



***VIRTUAL* Iron Hawks & Iron Raiders Workouts 2020**

****FREE OF CHARGE****

Want to be in better shape? Want to perform better on the field or court? Come join us for **VIRTUAL** Workouts and Training beginning on June 8th . Commit to your health! Commit to becoming a better you!

WHEN: Starts June 8th in virtual format. See message below about a return to in-person workouts later this summer.

TIMES: 9:00 AM - Mon, Wed, Thur - Live virtual instruction using Zoom. **Recorded workout videos and workout plans will be linked for access anytime by students**

WHERE: Virtual Online Access via Google Classroom:
<https://classroom.google.com/> - **ACCESS CODE - zlabobq**

WHAT: Virtual Workouts and Training - NO EQUIPMENT NEEDED!

WHO: College Place School District students in incoming grades 7th - 12th only.

We plan to resume in person summer workouts Mon-Thu mornings/evenings this summer when it is safe to do so based on guidance from state and local officials. When allowed to return for in-person on-site workouts, students must be registered for Sager or CPHS 2020-21 sports season using Final Forms and all information must be up to date to attend (registration is now open as of June 4, 2020 in Final Forms).

LINK TO REGISTRATION - <https://collegeplace-wa.finalforms.com/>

Questions: Tim Hutchison - thutchison@cpps.org, Donald Ponds - dponds@cpps.org , Paul Jessup - pjessup@cpps.org

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