

Sunday 11/13 Practice

Sunday, November 13, 2022 3:23 PM

Warm Up

200 SKIPS

4X25 v-sprint

Relays

1. Gladiator (kicking with balls)
2. Magic Carpet Rides
3. T-Shirt Relay
4. Car/Brick Racing
5. Duck Push

Water polo

Sharks and Minnows