

Summer Conditioning for Lodi High

Football will be meeting daily from 5- 7:30 pm on the LHS field. Weight training will be from 5-6pm Monday through Thursday.

Girls Basketball will be meeting 1-3 pm in the Meehleis gym daily. Weights will be from 2:30-3:30 daily.

Boys Basketball will be meeting from 3-5 pm in the Meehleis gym daily and weights will be 5-6pm Monday through Thursday.

Water Polo Boys will be meeting at Tokay from 9-11 am on Tuesday, Wednesday, Thursday. Weights will be 4-5pm on Tuesday and Thursday.

Volleyball will be meeting in the Meehleis gym from 5-7 pm daily.

Badminton will be in the North Gym from 5-7pm daily.

Cross Country will be at Lodi Lake at 8 am on weekdays.

Wrestling will be starting June 11th on Tuesday, Wednesday and Thursday. This is for all levels and boys and girls. Meeting time is 3-5 in the wrestling room.

You can always go to the Lodi High website for more information. Updates are made there so please check it out! Hope to see everyone participating this Summer!

Go FLAMES!!!