

IRONWOOD BOYS SOCCER

SUMMER 2025 STRENGTH AND CONDITIONING

Who: All boys interested in playing for Ironwood Boys Soccer either INCOMING or Returning

Where: Ironwood Weight Room and Stadium Track

When: Every Monday and Wednesday starting June 9 till July 23

Time: 6:00p – 8:30p

Cost: FREE

Must Haves: Cleared through REGISTER MY ATHLETE, workout clothes, Shoes you can run in, and water