



**SriPonya**

**SPORTS TRAINING**

# **NEXT PHASE**

**Off Season Training  
2023**

**SUNDAYS**

Feb 19 - Jun 4, 2023

**YOUTH: 1PM-2:30PM**

**HIGH SCHOOL: 3PM-4:30PM**

**WELCOME**

5th Grade and up

All Positions

All Skill Levels

**YOUTH** 12:30PM Check In / 1PM Sessions Begin

**HIGH SCHOOL** 2:30PM Check In / 3PM Sessions Begin

**Warm Springs Gyms**

*Bring cleats and tennis shoes*

**COST: FREE**

**Come out and have some fun!**

**Coached by John Charles**, All American, Portland State Football Hall of Fame Inductee at Quarterback (2018); Atlanta Falcons Free Agent Quarterback (1993), San Jose Sabercats Quarterback (1996); Jefferson Award Recipient for Public Service (1993 Regional).