

LOUISVILLE SOCCER

WINTER CONDITIONING

We will be conducting winter conditioning at Joe Creason Park from 9:00am to 10:15am on the following Saturday mornings. Please park in the Park Office parking lot and walk straight down the hill as if walking out the back door of the office building toward Bellarmine University. Come with water, running shoes and a lot of energy.

2022 – 2023

**November 12th & 19th
December 3rd, 10th & 17th
January 7th, 14th, 21st & 28th
February 4th**

These dates skip November 26th, December 24th & 31st.

Directions to Joe Creason

Watterson Expressway to Newburg Road North or Poplar Level Road North. Take Trevilan Way following directions to the Zoo. Entrance to park is directly across from the street.

Practice Cancellation Policy

Winter conditioning will be cancelled if the temperature at 8:00 am is 20 degrees or below. This can be checked easily on any of the four local television stations at 8:00 am. Coaches will be at the park to officially cancel conditioning practice, if you do not check the weather that day.

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