

# LOUISVILLE SOCCER

## WINTER CONDITIONING

We will be conducting winter conditioning at Joe Creason Park from 9:00 to 10:15 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.

**2020 – 2021**

**December 5th, 12th & 19th**  
**January 9th, 16th, 23rd & 30th**  
**February 6th & 13<sup>th</sup>**

*These dates skip December 26th & January 2nd.*

### **Directions to Joe Creason**

Watterson Expressway to Newburg Road North or Popular 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.

**WWW.LOUISVILLESOCCER.COM**

