

## **Weekly Updates**

Athletics Information from Mr. Dorsett, Director of Athletics  
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The Athletics Department will send weekly updates about facility usage, summer practices and camps, and what fall is looking like for our sports teams. Coach Dickson will be reaching out to coaches, and student-athletes to discuss pre-season and post-season training workouts and training tips. Coach Jones and Ms. Puckett will be discussing to all of our students on taking care of their bodies and making good decisions about what they are eating. Look for some fun and amazing things to come your way in the weeks ahead! Just remember, if you have any questions, email, text, or call us.