



Strength & Conditioning at LHNE



The girls and boys coaches at Lutheran High Northeast would like to invite students who are interested in attending Lutheran High Northeast a chance to use the facilities this summer. The following are the days that the weight room will be available to potential Lutheran High Northeast students.

Open to incoming 6th-8th graders.

Boys

Strength & Conditioning starts the week of June 1st and finishes the Week of July 26th.
Monday-Thursday: 9:00-10:00 AM (First week starts on a Tuesday June 1st)

Girls

Strength & Conditioning starts the week of June 1st and finishes the Week of July 26th.
Monday-Thursday: 8:30-9:30 AM (First week starts on a Tuesday June 1st)

****** Weight room CLOSED for girls and boys July 5th**

Organized Camps will once again be offered in drama, ag, science, girls' & boys' basketball, football, wrestling, chess, art and volleyball. A registration form is needed. Please contact the school office for a form or print from www.lhne.org

[Any Questions](#)

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Or

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