

Coach A's Cell- 614-403-6823

Sign up for Remind 101 (You and Parents)

Primary Communication:

Text Number: 81010

Message: @wvhsxc

Secondary Communication:

Follow Coach A on Twitter

Follow 5 Week Training Program.

Training before **July 19** is VITAL.

No Physical, No First Day of Practice (Check with me now)

First Week of Practice **July 19, July 21** (7AM-830AM) at VERONA COMPLEX

NO CUTS

HIGH SCHOOL