

Old Lyme and East Lyme coaches are offering a winter training beginning November 29th. Training will include ergs, running, P90x, weights and more depending on input from participants. Participation is strictly voluntary and presently is scheduled for three times per week but can be more depending on demand.

Coaches will be John Laundon, OLHS; Ed McCusker OLHS and Ray Campbell ELHS. The location will be at OLHS Commons., 2:45 pm. If you are interested please contact one of the coaches.

There is no fee for the training although it is recommended that all participants purchase a heart monitor (be sure it's the "strap" type).

OLHS/ELHS Winter Crew Training

Location: OLHS Commons: 2:45 pm



Coaches:

John Laundon (jlaundon@comcast.net), Cell: 860-227-9728

Ed McCusker (mariemccusker0220@sbcglobal.net), Cell: 860 -460-8435

Ray Campbell (ray.campbell@cox.net), Cell: 860-338-3487