

NATIVE YOUTH OLYMPICS

FALL 2018 NYO PRE-SEASON AT TMHS



NYO Fall Practice Schedule Thunder Mountain High School

Starting September 10
Mondays after school, 3:45-5:15 pm
TMHS Yellow Wing Commons

Thursdays at lunch, 12:35-1:05 pm
TMHS Weight Room

Open to all Juneau students

Coaches: Kyle Worl & Kaytlynne Lewis
Contact: kyle.worl@gmail.com, 907-227-4998



Alaskan High Kick and One Hand Reach, photos by Brian Wallace

One Foot High Kick

