

# Day 1 Threshold Workout

Arrive at practice on Monday, August 13<sup>th</sup> at **8:00am** ready to go for a threshold workout.

## ***Seniors:***

Andrew Brandt  
Grant Price  
Zach Miller  
Luke Maly  
Luke Sharpe  
Cam Arkesteyn  
Patrick Leonard  
Robbie Defren

## ***Juniors:***

Shuayb Hussein  
Charlie Ernst  
Drake Young  
Sean Sticha

## ***Sophomores:***

Joel Ostapeic  
Jack Bartels  
Henry Oswald

## ***Freshmen:***

Matt Harries  
Alex Foss  
Nick Cichoski