

Weather

Neither snow nor rain nor heat nor gloom of night stays these athletes from the completion of their preparation

- We practice during all types of weather including rain, snow, hail, sleet, and downpour.
- If there is lightening,
 - We will wait until the lightening passes before we practice or...
 - We can lift weights instead of practices.
- Here are some tips regarding weather
 - If it is raining / lightening outside of your house please come to practice.
 - If it is a severe rain / lightening storm outside of the house then come to practice
 - If you see the arc float by then please come to practice

An exception is if there is a declared state of emergency (such as in a hurricane warning / watch and the like).