

2021-2022 CFYS OFF-SEASON SCHEDULE

WINTER CONDITIONING & SPECIFIC POSITION TRAINING

DATES AND TIMES ARE SUBJECT TO CHANGE. PLEASE JOIN THE REMIND GROUP AT [HTTPS://WWW.REMIND.COM/JOIN/FG683G](https://www.remind.com/join/FG683G)

DECEMBER 18, 2021 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

JANUARY 15, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

JANUARY 29, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

FEBRUARY 12, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

MARCH 5, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

APRIL 9, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

APRIL 23, 2022 3PM-5PM
AT THE CENTRAL FALLS HIGH SCHOOL GYM

STRENGTH & CONDITIONING TRAINING

PLEASE NOTE YOU HAVE TO SIGNUP FOR THIS TRAINING. SPOTS ARE LIMITED AND A COMMITMENT TO ATTEND IS REQUIRED

JANUARY 23, 2022
AT CROSSFIT PHILLIPSDALE

JANUARY 30, 2022
AT CROSSFIT PHILLIPSDALE

FEBRUARY 6, 2022
AT CROSSFIT PHILLIPSDALE

FEBRUARY 13, 2022
AT CROSSFIT PHILLIPSDALE

FEBRUARY 20, 2022
AT CROSSFIT PHILLIPSDALE

FEBRUARY 27, 2022
AT CROSSFIT PHILLIPSDALE

MARCH 6, 2022
AT CROSSFIT PHILLIPSDALE



WRESTLING CLASSES

PCWC - PROVIDENCE COUNTY WRESTLING
TUESDAYS' 5:30PM-7PM
THURSDAYS' 5:30PM-7PM
SATURDAYS' 12PM-2PM
AT 560 MINERAL SPRING AVE PAWTUCKET



AYF FLAG FOOTBALL LEAGUE

PRACTICE BEGINS IN MARCH
SEASON BEGINS APRIL - JUNE



CENTRAL FALLS FAST TRACK

BEGINS FRIDAY
APRIL 25, 2022 AT HIGGINSON AVE FIELD



GAMEDAY FLAG FOOTBALL LEAGUE

SEASON BEGINS JUNE - JULY



STRENGTH & CONDITIONING INFORMATION: THERE WILL BE 2 AGE GROUPS OF 10 ATHLETES PER GROUP. TRAININGS WILL TAKE PLACE ON SUNDAYS AT 310 BOURNE AVE BUILDING 22 UNIT 5, RUMFORD, RI 02916 TO PARTICIPATE YOU MUST REGISTER FOR FREE ON THE CENTRAL FALLS PANTHERS WEBSITE [HTTPS://WWW.CENTRALFALLSPANTERS.COM/OFF-SEASON](https://www.centralfallspanthers.com/off-season) AND COMMIT TO THE 8 WEEKS.
GROUP 1: AGES: 9, 10, & 11 TIME: 11:15-12:30PM GROUP 2: AGES: 12, 13, & 14 TIME: 12:15-1:30PM



WRESTLING INFORMATION: THIS IS A FREE TRAINING TAKE. PLEASE TAKE ADVANTAGE OF THEIR KINDNESS BY BEING COMMITTED. FOR MORE INFORMATION CHECK OUT THEIR FACEBOOK PAGE: WWW.FACEBOOK.COM/PCWCKNIGHTS/



CENTRAL FALLS PANTHERS AYF FLAG LEAGUE IS GOING TO BE A 1-HOUR PRACTICE AND 1-HOUR GAME COMMITMENT
GAMEDAY FLAG LEAGUE WILL REQUIRE A REGISTRATION FEE THAT WILL BE DETERMINED LATER IN THE OFF SEASON ONCE WE KNOW WHAT THE FEES THE LEAGUE IS CHARGING TO PARTICIPATE

