

## **With start of school looming, practices to start soon**

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Aug. 13 will be the first day of the 2013-2014 school year for Wauneta-Palisade students.

As set by the NSAA, volleyball teams cannot begin practicing until Aug. 19, but teams, including W-P, can begin conditioning earlier. The Lady Broncos will condition for an hour each day starting on Aug. 15.

Coach Michelle Harchelroad said the summer weight program has been going well and there has been a good turnout by the girls.

Co-head football coach Joseph Frecks agreed that the weight program has gone very well.

“The kids that have been coming in have worked very hard and should enjoy the benefits of their work in the fall.”

The football team will officially start practice Aug. 12. The team will also be having one practice per day rather than two-a-days.

Team members attended camp Wednesday and Thursday and a youth camp will be held in August.