

LTCC adds last-minute soccer conditioning class

Lake Tahoe Community College is adding a late summer course designed to improve soccer athletes' physical conditioning to compete successfully at the intercollegiate level.

Emphasis in this class will be placed on the development of physical fitness levels in strength, endurance, speed, power, agility, and reaction time. Fundamental soccer techniques and game-related strategies will also be addressed.

The course, PEA102A: Sports Techniques & Conditioning Soccer, will meet Monday through Friday from 11am-12:50pm at the community play fields on Al Tahoe Boulevard starting Aug. 17 and ending Sept. 11.

Students may register online. For more information, call 530.541.4660, ext. 225.