



## *Sandy Pioneers' conditioning program is underway*

Greg O'Meara, like other coaches across the state, is getting his players ready for fall. Top left: Sophomore Gregg Lewis works on a drill designed to improve lateral movement. Top center: Senior Chris Crabtree runs through "The Blaster." Top right: The Pioneers prepare to run wind sprints. Right center: Dan Brisbon, assistant coach, supervises the chute drill. Below: Seniors Bob Weyer, 66, and Roland Aumueller run an agility drill. Len Eaton, assistant coach, times them. Bottom right: Linemen fire out of a stance. At right: John Rohr, assistant coach, checks Weyer's stance.



*Photos by Scott Newton*

