



SUMMER STRENGTH PROGRAM

SESSION 1: 7:30-9:45 **Time includes skills*
VARSITY/JV FOOTBALL

SESSION 2: 8:45-9:45
9TH FOOTBALL AND ALL OTHER HS BOYS

SESSION 3: 9:45-10:30
Incoming 4th - 8th Graders

Session 4: 10:30-11:15
High School Girls

SIGN UP!



DATES

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|----------------------------|---------------------------------|
| <u>Week 1:</u> 6/1 - 6/4 | <u>Week 5:</u> 7/6 - 7/9 |
| <u>Week 2:</u> 6/8 - 6/11 | <u>Week 6:</u> 7/13 - 7/16 |
| <u>Week 3:</u> 6/15 - 6/18 | <u>Week 7:</u> 7/20 - 7/23 |
| <u>Week 4:</u> 6/22 - 6/25 | <u>Week 8:</u> 7/27 - 7/30 (FB) |