



HIGH SCHOOL ATHLETES



STRENGTH AND CONDITIONING SUMMER PROGRAM

STRENGTH | SPEED | AGILITY | FLEXIBILITY | ENDURANCE

JUNE	
WEEK 1 JUNE 3-6	WEEK 2 JUNE 10-13
WEEK 3 JUNE 17-20	WEEK 4 JUNE 24-27

9 WEEKS

8:00 - 10:00 AM

JULY	
WEEK 5 JULY 8,11,12	WEEK 6 JULY 15-18
WEEK 7 JULY 24-26	WEEK 8 JULY 29-AUG 1

LOCATION
TCHS INDOOR FACILITY
INCOMING
9TH - 12TH GRADERS
COST: \$70
(34 TOTAL WORKOUTS)

REGISTRATION NOW OPEN

[CLICK HERE TO REGISTER](#)



AUG	
WEEK 9 AUG 5-8	

COACHED BY
TCHS FOOTBALL STAFF

CAUTION

IF RESULTS ARE EXPECTED

HARD WORK AND COMMITMENT REQUIRED