



## *2021 Summer S&S Session Dates & Times*

*M-TH Starting June 14 -August 5th \*\*NO SESSIONS JULY 4-10\*\**

*DUE TO COVID RESTRICTIONS, SESSIONS ARE CURRENTLY LIMITED IN SIZE*

*Cost \$130 for the Summer*

**[REGISTRATION LINK](#)**

### *Lineman Session Varsity/Sophomore (2021-22) – 7:30-9:30*

- Intense Speed/Agility Work
- Intermediate/Advanced Strength Training Regimen

### *9th Grade Football (2021-22) - 7:30-9:30*

- Speed/Agility Work
- Intermediate Strength Training Regimen

### *Boys Grades 9-12 (All Sports & Non-Lineman) (2021-22) – 7:45-9:45*

- Intense Speed/Agility Work
- Intermediate/Advanced Strength Training Regimen

### *Girls Grades 9-12 (2021-22) 8:15-10-15*

- Intense Speed/Agility Work
- Intermediate/Advanced Strength Training Regimen

### *8th Boys and Girls (2021-22) 10-12:00*

- Speed/Agility work
- Intermediate Strength Training

### *6th & 7th Grade Boys & Girls (2021-22) 10-12:00*

- Speed/Agility work
- Beginning Strength Training