



MIDDLE SCHOOL ATHLETES



STRENGTH AND CONDITIONING SUMMER PROGRAM

TECHNIQUE | RUNNING FORM | BODY CONTROL | FLEXIBILITY | ENDURANCE

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

7 WEEKS

10:00 AM - NOON

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

LOCATION
TCHS INDOOR FACILITY

COST: \$70
(26 TOTAL WORKOUTS)

REGISTRATION NOW OPEN

[CLICK HERE TO REGISTER](#)



INCOMING
7TH - 8TH GRADERS

COACHED BY
TCHS FOOTBALL STAFF

CAUTION

IF RESULTS ARE EXPECTED

HARD WORK AND COMMITMENT REQUIRED