

2018 SUMMER STRENGTH & CONDITIONING

TIMES:

ALL Athletes (6th – 12th grades) ~ 8:00 am - 9:30 am

Week 1 May 29 - 31

Week 2 June 4 - 7

Week 3 June 11 - 14

Week 4 June 18 – 21

Week 5 June 25 - 28

NO WORKOUTS July 2 – 5

Week 5 July 9 – 12

Week 6 July 16 – 19

DEAD WEEK July 23 - 27

