



Hebron High School

Strength & Conditioning – Summer 2021

Who: Boys entering grades 7th – 12th

Hebron High School

Hebron 9th Campus

Killian Middle School

Creek Valley Middle School

Arbor Creek Middle School

Incoming 9th – 12th graders
7:00 – 9:30 am

Middle School
9:00 – 11:00 am

June 7 – 10 (Monday – Thursday)
June 14 – 17 (Monday – Thursday)
June 21 – 24 (Monday – Thursday)
June 28 – July 1st (Monday – Thursday)
July 5 – July 8 – no workouts
July 12 – July 15 (Monday – Thursday)

- Athletes will be divided according to grade and skill level
- All athletes need to bring flat athletic shoes, cleats, and a water bottle everyday
- **LISD COVID protocols will be followed**

Cost = \$60 (Cash or Check payable to HHS)

