



# HIGH SCHOOL ATHLETES



## STRENGTH AND CONDITIONING SUMMER PROGRAM

STRENGTH | SPEED | AGILITY | FLEXIBILITY | ENDURANCE

### JUNE

WEEK 1	WEEK 2
JUNE 1-4	JUNE 7-10
WEEK 3	WEEK 4
JUNE 14-17	JUNE 21-24

### 8 WEEKS

GIRLS/NON-FOOTBALL: 7:15 AM - 8:30 AM  
 ALPHA/BRAVO: 8:00 AM - 9:30 AM  
 FRESHMAN: 8:20 AM - 10:00 AM

### JULY

WEEK 5	WEEK 6
JUNE 28-JULY 1	JULY 12-15
WEEK 7	WEEK 8
JULY 19-22	JULY 26-29

**LOCATION**  
 TCHS INDOOR FACILITY  
**INCOMING**  
 10TH - 12TH GRADERS  
 COST: \$80  
 (32 TOTAL WORKOUTS)

## REGISTRATION NOW OPEN

[CLICK HERE TO REGISTER](#)



FOOTBALL SKILLS  
 10:10 - 11:10 (M-TH)  
**COACHED BY**  
 TCHS FOOTBALL STAFF

# CAUTION

IF RESULTS ARE EXPECTED

HARD WORK AND COMMITMENT REQUIRED



# MIDDLE SCHOOL ATHLETES



**STRENGTH AND CONDITIONING SUMMER PROGRAM**  
TECHNIQUE | RUNNING FORM | BODY CONTROL | FLEXIBILITY | ENDURANCE

**JUNE**

WEEK 1      WEEK 2  
JUNE 1-4      JUNE 7-10  
  
WEEK 3      WEEK 4  
JUNE 14-17      JUNE 21-24

**8 WEEKS**

**10:30 AM - 12:00 Noon**

**JULY**

WEEK 5      WEEK 6  
JUNE 28-JULY 1      JULY 12-15  
  
WEEK 7      WEEK 8  
JULY 19-22      JULY 26-29

**REGISTRATION NOW OPEN**

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**LOCATION**  
TCHS INDOOR FACILITY  
  
**COST: \$80**  
**(32 TOTAL WORKOUTS)**

**INCOMING**  
**7TH, 8TH GRADERS**  
  
**COACHED BY**  
**TCHS FOOTBALL STAFF**

**CAUTION**

**IF RESULTS ARE EXPECTED**

**HARD WORK AND COMMITMENT REQUIRED**