



HIGH SCHOOL ATHLETES



STRENGTH AND CONDITIONING SUMMER PROGRAM

STRENGTH | SPEED | AGILITY | FLEXIBILITY | ENDURANCE

JUNE

WEEK 1
JUNE 6-9

WEEK 2
JUNE 13-16

WEEK 3
JUNE 20-23

WEEK 4
JUNE 27-30

8 WEEKS

GIRLS: 7:15 AM - 8:45 AM
ALPHA/BRAVO: 7:50 AM - 9:30 AM
FRESHMAN/NON-FB: 8:40 AM - 10:10 AM

JULY

WEEK 5
JULY 11-14

WEEK 6
JULY 18-21

WEEK 7
JULY 25-28

WEEK 8
(FB ONLY)
AUG 1-4

LOCATION
TCHS INDOOR FACILITY

INCOMING
10TH - 12TH GRADERS

COST: \$80
(28 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
JUNE 6-9

WEEK 2
JUNE 13-16

WEEK 3
JUNE 20-23

WEEK 4
JUNE 27-30

7 WEEKS

10:30 AM - 12:00 Noon

JULY

WEEK 5
JULY 11-14

WEEK 6
JULY 18-21

WEEK 7
JULY 25-28

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LOCATION
TCHS INDOOR FACILITY

INCOMING
7TH - 8TH GRADERS

COST: \$80
(28 TOTAL WORKOUTS)

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INCOMING
7TH, 8TH GRADERS

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