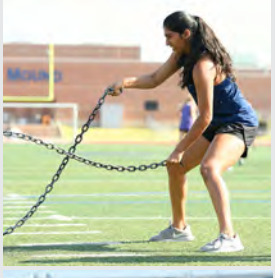


JAGUAR ATHLETES COURSE

SUMMER J.A.C. | FLOWER MOUND HIGH SCHOOL



JAC is a 7-week strength and conditioning program designed to develop a strong foundation for all sports at all levels. Our program emphasizes speed, strength, stamina and flexibility to safely prepare youth athletes to take their skills to the next level.

JAC athletes will receive age-appropriate training in the following areas:

- ▶ Strength training focusing on functional movement and technique
- ▶ Flexibility and mobility training to help prevent injury
- ▶ Agility training to improve explosiveness and change of direction
- ▶ Straight-line speed training to improve quickness
- ▶ Endurance training to increase overall conditioning levels



WHAT: Jaguar Athletes Course 2020

WHO: Athletes entering grades 7-12

WHEN: June 8 - July 23

WHERE: Flower Mound High School Athletic Complex

COST: \$100 (Note: Optional football skills training is an additional \$50.)

SCHEDULE

WEEK 1	JUNE 8-11
WEEK 2	JUNE 15-18
WEEK 3	JUNE 22-25
WEEK 4	JUNE 29 - JULY 2
WEEK 5	JULY 6, 9
WEEK 6	JULY 13-16
WEEK 7	JULY 22-23

SESSIONS

SESSION I	7:30-9 a.m.	FB Skill: WR, DB, QB, RB
SESSION II	8:15-9:45 a.m.	FB Line/Big Skill: OL, DL, LB
SESSION III	9-10:30 a.m.	8th grade boys - all sports
SESSION IV	9:45-11:15 a.m.	7th grade boys - all sports
SESSION V	10:30-noon	9th-12th girls & boys (baseball, basketball, golf, soccer, softball, tennis, track, volleyball, wrestling)
SESSION VI	10:30-noon	7th/8th grade girls - all sports

All football skills training will be held for 45 minutes immediately following their session.

BUILD MENTAL AND PHYSICAL STRENGTH

Our training program is designed to progressively develop strength and stamina on a safe timeline. Regular attendees will grow more confident as their strength, stamina and technique improves over the course of the program.

COVID-19 SAFETY PRECAUTIONS

Summer JAC will adhere to **all LISD and UIL regulations**, including but not limited to: increased spacing between participants, ongoing sanitization and smaller athlete-to-coach ratios. Athletes must **bring their own water and face masks**, and towels are not permitted. **Registration required.**

A certified athletic trainer will be on site daily to assist with hydration and injury prevention/assessment.

REGISTER ONLINE
bit.ly/summerjac

or visit the "Athletics"
tab at lisd.net/fmhs