**2018**

**ROUGHRIDER**

**SUMMER**

**STRENGTH & CONDITIONING**

**Cost:** FREE

Beginning June 4 – July 19

**Days:** Monday, Tuesday, Wednesday & Thursday

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**Age Groups:** Incoming 7th - 12th graders

**TIMES:**

ALL GIRLS \* 8:00 – 9:30AM

INCOMING 7TH/8TH/9TH BOYS \* 8:00 – 9:30AM

INCOMING 10TH/11TH/12TH BOYS \* 9:00 - 10:30AM

**Location:** High School Weight Room

***\*\*Each session will last approximately***

***an hour and a half per grade level\*\****

***Summer Strength & Conditioning promotes fundamentals in weight training, agility, and conditioning\****

