

**JUNIOR EAGLES STRENGTH, SPEED, & FUNCTIONAL MOVEMENT TRAINING (BOYS AND GIRLS)**

**WHEN: MONDAY-THURSDAY JUNE 13th-JULY 28TH (EXCLUDING JULY 4-7)**

**COST: \$150**

**WHO: 4TH-12TH GRADERS FOR 2022-2023**

**WHERE: HERITAGE HS**

**9:15-10:30 AM**

THIS IS A SUMMER TRAINING PROGRAM THAT WILL HELP THE ATHLETE TO DEVELOP ATHLETICALLY AND MENTALLY THROUGH PHYSICAL TRAINING IN A FUN ENVIRONMENT. WORKOUTS WILL BE AGE AND SKILL APPROPRIATE AND WILL FOCUS ON TECHNIQUE AS WELL AS ATHLETIC FUNDAMENTALS SUCH AS SPEED, AGILITY AND CORE STRENGTH.

**\*\*ALL PROGRAMS ARE DESIGNED AND DEVELOPED BY CSCS AND NSCA CERTIFIED STRENGTH & SPEED COACHES AND MASTERS DEGREE CERTIFIED INSTRUCTORS**

**24 TOTAL TRAINING SESSIONS!!**

**REGISTER AT:**

**<https://forms.gle/uT9sCZMWo5YXYGm9>**



**FOR ALL SPORTS BOYS AND GIRLS!! SUMMER 2022**



**STRENGTH AND SPEED PROGRAM**

**HIGH SCHOOL/JR HIGH/YOUTH --BOYS&GIRLS**