



Heritage Eagle Summer Strength and Speed is a strength and conditioning program that focuses on total athletic development. Participants will perform a wide variety of exercises that will enhance the athlete's overall performance. Workouts are tailored specifically to individuals based on their strength, speed, weight, and their position. Each athlete receives a customized workout card that calculates the exact weights and percentages based off of testing completed by the athlete, that will produce maximum gains. Workouts are designed by the Heritage High School coaching staff. Participants will also develop mental toughness, teamwork, and discipline. Summer Strength & Speed attendance points will qualify you for summer performance awards, as well as exempt you from a pre-season conditioning test, and additional conditioning during Fall Camp Practices. The program will run this summer Monday-Thursday from 6:45 am-9:00 am (with 4th of July week OFF for Celebration!). There will be 24 total workouts, plus 10 days of contact camp at the end of May, 4 or more days of 7 on 7, plus Broncos lineman challenge and preseason OTA's, and 1 on 1 player/coach or position group sessions. Athletes will also be able to earn workout credit (platoon money) by volunteering for the Jr. Eagle Football Camp and speed camps, for pre-excused Family Vacation Absences (limit 4), for pre-excused Church/Religious Camp (limit 4), for college football camps (limit 4), as well as make-up lifting dates (TBA).

REGISTER AT: <https://forms.gle/TnUaiF6LeYFQVRFP9>



**FOR MORE INFORMATION,
CONTACT COACH KNOBLOCK
coachtylerk@gmail.com**

www.heritagefootball.org



DREAM BIG, WORK **H**ARD

HERITAGE EAGLE STRENGTH & SPEED



HONOR OPERATION RED WINGS

2025 SUMMER STRENGTH AND SPEED

BIGGER-FASTER-STRONGER
TOUGHNESS-TEAMWORK-DISCIPLINE

