

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

WHEN: MONDAY-THURSDAY JUNE 10th-JULY 25TH (EXCLUDING JULY 1-4)

COST: \$150

WHO: 4TH-12TH GRADERS FOR 2024-2025

WHERE: HERITAGE HS

9:15-10:30 AM

THIS IS A SUMMER TRAINING PROGRAM THAT WILL HELP THE PARTICIPANT 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/4RkKiP7Kr9nFSbow6>



FOR ALL SPORTS BOYS AND GIRLS!! SUMMER 2024



STRENGTH AND SPEED PROGRAM

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