



HARTFORD Summer School

Strength & Speed Class

ARE YOU READY FOR YOUR NEXT SPORT SEASON?

HUHS student/athletes will have an opportunity to improve their strength, endurance, speed, and agility during the summer Hartford Strength & Speed Class. Athletes will be instructed and closely monitored by HUHS coaches, and physical education staff members.

9-12 GRADE HUHS STUDENTS ATHLETES

The classes will begin each day in the weight room. The course instruction will give each athlete individual attention and guidance to improve strength, power, and endurance. The second part of the class will move to the high school outdoor track facility where the athletes will receive instruction on improving speed, agility, and overall conditioning. This class starts on Wednesday June 8th and ends on Friday, July 15th. Class sessions are held on Monday through Friday most mornings from 8:00am to 10:00am and from 10:00am to 12:30pm.

*** There will be no class held on Friday July 1st or Monday July 4th!** 

<p>5305NC Session 1 <u>Non-Credit</u> Enrichment option 10-12 GRADE HUHS ATHLETES (8:00am to 10:00am) Maximum of 60 *Recommended for athletes that attended last year NO FRESHMEN ALLOWED</p>
<p>5305SS Session 2 Physical Education <u>Credit Option</u> 9-10 GRADE HUHS ATHLETES (10:00 to 12:30) Maximum of 50 *Recommended for sophomores that did not attend last summer *Recommended for all incoming freshman</p>

Strength & Speed classes may be taken during the school year for physical education credit after you have passed PE 1 or the Physical Education Foundations course.