

# STRENGTH & SPEED



## TRAINING FOR ATHLETES

\*2019 Summer School June 10-July 19

**SUMMER SCHOOL DEADLINE TO SIGN-UP IS  
8:00p.m. FEBRUARY 10, 2019**

Grades 9 - 12 - for 6 weeks (Register using student Skyward Account)  
Monday Tuesday, Wednesday, Thursday.  
(No classes will be held on Friday)

Grades 7 - 8 - for 6 weeks (Register at :  
<https://goo.gl/forms/k1xLpyNZIKR1LvpF2>  
Tuesday & Thursday

***\*Attendance is taken but not mandatory***

### **Strength & Speed for the Athlete**

*For athletes interested in improving general athletic and physical skills. Power, speed, agility, flexibility, strength, and overall athleticism will be emphasized. Students who take this enrichment option can repeat Strength & Speed for the Athlete for credit during the school year multiple times.*

### **Non-Credit Options:**

5306NC Session 1 7:30am-9:15am max 60 students  
Recommended for incoming juniors and seniors

5307NC Session 2 9:15am-11:00am max 60 students  
Recommended for incoming freshmen and sophomores

5308NC Session 3 11:00am-12:45pm max 60 students  
This course is for students going into 7th & 8th grade only