

STRENGTH & SPEED



TRAINING FOR ATHLETES

*2018 Summer School June 11-July 20

**SUMMER SCHOOL DEADLINE TO SIGN-UP IS
8:00p.m. FEBRUARY 12, 2018**

Grades 9 - 12 - for 6 weeks

Monday Tuesday, Thursday, Friday.

(No classes will be held on Wednesday)

*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

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

5308NC Session 3 11:00am-12:45pm max 60 students

For Skyward Student Access instructions on how to enroll, go to:
HUHS.org > Academics > Programs > Summer School