



Parents and Student Athletes,

I hope everyone is having a great spring. You are receiving this e-mail because you are a parent of a rising 7th-12th grader or a rising 7th-12th grade student at Cannon School. We have a Summer strength and conditioning program for all of our MS(7th & 8th only) and US student-athletes both male and female. This program plays a big part in the success of our athletic program. **The sessions will be Mondays-Thursdays.**

**** All rising 9th-12th grade athletes (Both Male and Female) will train from 8:00am-10:00am.**

****All rising 7th-8th grade athletes (Both Male and Female) will train from 10:00am-12:00pm.**

During these time frames we will have a movement session where the focus will be on straight ahead speed(SAS) and lateral speed and agility(LSA) as well as a strength session each day. My goal as Head Strength and Conditioning Coach is for **EVERY** student athlete at Cannon to participate in our program. Student Athletes will advance in our movement and strength progressions on their own individual time frame. Strength and Conditioning plays a big part not only in our athletes being stronger, more fit and being able to move better on the field but also in injury reduction. My number one job is to help reduce injuries and keep our athletes on the field. I know that not all non-contact injuries can be prevented but my job is to help reduce the majority of those by helping our athletes move better and having them as strong as possible. ***We have noticed an increase in performance and a significant decrease in non-contact injuries to those athletes that have been DEDICATED TO OUR PROGRAM.*** Hopefully in return they will learn to live a healthy lifestyle beyond their time at Cannon School.

Our summer program is for all athletes regardless of what sport they play. This comes at no extra cost to families. We are one of the few schools that offer this and there is no need for athletes to go to other private facilities to train. Please take full advantage of what we have to offer.

Athletes need to show up 15 minutes prior to training and will meet at the entrance to the Andrews Strength and Conditioning Center. **This program will run from June 7th-July 30st.** This takes us up to the start of Fall Sports. Once the Fall sports season starts, lifting will take place with each team training together. **We will not have workouts the week of July 5st-July 9th.**

We will continue to have spring workouts for any current US student athlete that wants to continue to train up until the start of our Summer program. These workouts will be as follows and students will need to sign up for these workouts in the weight room.

May 10th-15th M-Th 3:15-4:00-Speed and Agility(Turf Field), 4:15-5:00-Lift(Weight Room)

May 17th-20th M-Th 3:30-4:15-Speed and Agility(Turf Field), 4:30-5:15-Lift(Weight Room)

May 24th-27th M-Th 3:30-4:15-Speed and Agility(Turf Field), 4:30-5:15-Lift(Weight Room)

June 1st-3rd T-Th 3:30-4:15-Speed and Agility(Turf Field), 4:30-5:15-Lift(Weight Room)

If you have any questions please feel free to give me a call at 704-724-3319 or send me an e-mail at spowell@cannonschool.org. Thank you!

Please follow us on social media for updates:

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