

2021 Cannon School Summer Strength and Conditioning



Commitment---Dedication---Hard Work

Rising 9th-12th Grade Males and Females:

Monday--Thursday

8:00am-10:00am

Rising 7th-8th Grade Males and Females:

Monday--Thursday

10:00am-12:00pm

Athletes must be currently enrolled in Cannon School and have an updated physical on file to be eligible to participate in our summer program.

**Injury Reduction
Sports Performance
Self Confidence
Fit for Life**

Shawn Powell-Director of Sports Performance

Kyle Jacksic-Assistant Strength and Conditioning Coach

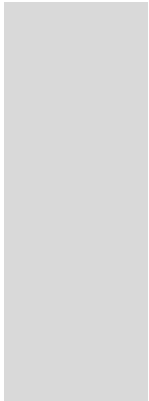
Madi Rupert-Intern S&C Coach-Previous intern at Yale and former Collegiate Lacrosse player.

Allie Workman-Intern-UNCC

Matt Sheedy-Intern-UNCC

Summer Program will run June 7th-July 30th. No workouts July 5th-9th.

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