

# 2022 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  
Travis Webb-Assistant Strength and Conditioning Coach*

**Summer Program will run June 6th-July 28th. No workouts July 4th-8th.**