

Fox Valley Lutheran High School

For students entering
7th-12th grade



Under the direction of coaches who have worked with college and professional athletes, the summer workouts have been designed with the development of athletic ability, injury prevention, and overall fitness in mind.

SUMMER WORKOUTS - \$150

Summer Workouts emphasize strength, speed, and functional fitness. No minimum attendance requirements.

SESSION 1 (limit 100 students)

Beginners to Summer Workouts. Participants will learn proper exercise techniques and work to master these skills. Pace appropriate for students who are new(er) to Summer Workouts and general fitness.

Who can enroll?

Students entering grades 7-9

SESSION 2 (limit 120 students)

Advanced level of the FVL Summer Workout Program. Training intensity increased to level appropriate for varsity athletes. The goal is to prepare participants for their upcoming seasons.

Who can enroll?

Students entering grades 10-12

Registration Opens April 25!

Fee includes

30 training sessions & t-shirt

Register (pre-registration required)

Each session allows a limited number of participants. Information and forms can be found on our website at fvlhs.org/youth-sports.

Questions? Contact Coach O'Connor
joconnor@fvlhs.org

Fox Valley Lutheran HS

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Schedule: June 6 - July 29 >>>

Every Monday, Tuesday, Thursday, & Friday

No workouts July 4-5

Session 1

8:30 AM	Attendance in FVL gym
8:35 AM	Warm-up
8:50 AM	Transition
9:00 AM	Group 1 - Weight Room Group 2 - Track
9:40 AM	Transition
9:50 AM	Group 2 - Weight Room Group 1 - Track
10:30 AM	End

Session 2

6:30 AM	Attendance in FVL gym
6:35 AM	Warm-up
6:50 AM	Transition
7:00 AM	Group 1 - Weight Room Group 2 - Track
7:40 AM	Transition
7:50 AM	Group 2 - Weight Room Group 1 - Track
8:30 AM	End