



REGISTRATION LINK

SUMMER ATHLETIC PERFORMANCE TRAINING GROUPS

WHEN: JUNE 12th - AUGUST 8th, MONDAYS, TUESDAYS, THURSDAYS

****CLOSED JULY 3rd - JULY 7th****

9TH - 12TH MALE GROUP 9:00 AM - 10:00 AM

9TH - 12TH FEMALE GROUP 10:00 AM - 11:00 AM

7TH - 8TH COED BULLDOG POWER GROUP 3 PM - 4 PM

9TH - 12TH COED GROUP 4 PM - 5 PM

9TH - 12TH JV/V FOOTBALL ONLY GROUP 5 PM - 6:30 PM

***NEED TO BRING*: WATER BOTTLE, ATHLETIC WEAR, ATHLETIC FOOTWEAR, CLEATS/TURFS FOR 9th - 12th GRADE GROUPS**