

# TROJAN POWER



## STRENGTH & CONDITIONING: SUMMER 2024



TRINITY VALLEY SCHOOL  
FORT WORTH, TEXAS

**TVS**  
AUXILIARY PROGRAMS

## OVERVIEW

Welcome! Trojan Power is the annual summer strength and conditioning program offered by Trinity Valley School for incoming 9th - 12th grade students. It provides a great way for all TVS student athletes – regardless of sport – to remain active and hone their skills as they prepare for their fall, winter, and spring seasons.

TVS Athletics manages the training plan and staffs the program appropriately for the anticipated number of students each week. **Shane Trotter – Strength and Conditioning Coach – is the primary facilitator of this program.** TVS Auxiliary Programs provides the means of registration and other logistical support for Trojan Power.

We hope you find this guide helpful as you navigate your student athlete’s summer schedule! Please don’t hesitate to reach out to David Rodriguez ([rodriguezdz@tvs.org](mailto:rodriguezdz@tvs.org)) and / or Derek Reinhold ([reinholddd@tvs.org](mailto:reinholddd@tvs.org)) if you have any questions.

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## SCHEDULE: SUMMER 2024

**Boys Trojan Power** runs 8:00-9:30 a.m. on the following dates.

**Girls Trojan Power** runs 9:30-11:00 a.m. on the following dates.

*The typical week’s rhythm is Monday - Thursday, but exceptions are noted in the chart below.*

Session Number	Session Dates	Notes
1	May 28-31	Tuesday - Friday, due to Memorial Day
2	June 3-6	
3	June 10-13	
4	June 17-18, 20-21	Monday - Tuesday and Thursday - Friday, due to Juneteenth
<i>There will be no Trojan Power June 22 - July 7.</i>		
5	July 8-11	
6	July 15-18	
7	July 22-25	
8	July 29-August 1	

Matt Morrison – head football coach – will offer additional programming for football athletes, typically directly after **Boys Trojan Power** ends at 9:30 a.m. The football summer practice schedule may be found [here](#).

Claire Pearce – head field hockey coach – will offer a Monday and Wednesday field hockey scrimmaging block directly after **Girls Trojan Power** ends at 11:00 a.m. This will occur during the 2<sup>nd</sup> through 7<sup>th</sup> weeks of Trojan Power (Sessions 2-7 only).

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## REGISTRATION

Please register for Trojan Power through the [TVS Auxiliary Programs registration platform](#). After login, please be sure to **navigate to the “2024 Summer Special Programs” season**. *Please do NOT select the “2024 XPLORE” season, as has been prior practice.*

- Trojan Power programming is no longer classified under *XPLORE: Summer at TVS*. It is a collaboration between TVS Auxiliary Programs and the Athletics Department. Information about Trojan Power now “lives” on the [Special Programs webpage](#).
- **Advance registration is important**, as it enables TVS Auxiliary Programs to provide the Athletics Department with accurate weekly rosters.

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## PROGRAM FEES

Each session’s (week’s) fee is **\$40.00 for 6 total hours of training** during that week. We want to make this program accessible to all TVS student athletes, though.

- If applicable, financial aid requests should be directed to Regan Gilstrap ([gilstrapr@tvs.org](mailto:gilstrapr@tvs.org)) **in advance of registration**.
- She will provide specific information to you, which will need to be included in your registration.

Please note that payment will be processed via credit card through the [TVS Auxiliary Programs registration platform](#), as a final step in the registration process. For this reason, it is very important that any financial aid requests be made **in advance of registration**. Thank you!