



FALCON PERFORMANCE

Monday-Thursday Workouts in June and July
for 6th-12th Grade Athletes

Falcon Performance is an intense eight-week program designed to develop the athleticism of our current and future Summit athletes.

We will work on all areas of athletic development focusing on proper technique in the weight room, core strength, conditioning, agility, and flexibility.

Monday-Thursday during the weeks of 6/3, 6/10, 6/17, 6/24, 7/8, 7/15, 7/22, 7/29
(No workouts during Dead Weeks: the weeks of 7/1 & 8/5)

Middle School Athletes (6-8): 8:00-9:30 AM
High School (9-12) Girl Athletes: 8:00-9:45 AM
High School (9-12) Boy Athletes: 10:00-11:45 AM

Two Ways to Pay:
\$35/Week - OR - \$135 Total

Families with multiple athletes pay \$135 for the first athlete,
\$100 for the second athlete, and \$65 for each additional athlete

Questions? Email Jon Bunyard: BunyardJonathan@RSDMO.ORG

Sign Up at 026FOOTBALL.COM

