

TROJAN



STRONG

STRENGTH / AGILITY / SPEED SUMMER 2024

Purpose

The Trojan Strong Summer Program is a strength, power, speed, agility, injury protection and leadership program; run by the Andover High School Strength Staff in coordination and cooperation with the Andover High Coaching Staffs. It is designed for Andover Trojan sports teams to train together and develop a championship culture.

Registration and Payment

Cost

\$85 – Trojans
\$75 – Lady Trojans
\$60 – Young Trojans
\$50 - Future Trojans
Cash/Check/Venmo

Cash/Check: Can be delivered first day
Check: Payable to “Coach Cruce Camps”
Venmo: @CoachCruce

Register Below

Hyperlink

<https://form.jotform.com/jamiecrucejc/TrojanStrong2024>

QR Code



Communication

Please download the Remind App and sign up for your sessions below

Trojans 9-12	Text @dffe8b to 81010
Lady Trojans 7-12	Text @a94g36 to 81010
Young Trojans 7-8	Text @3fg3bd3 to 81010
Future Trojans 5-6	Text @kk77kg to 81010

Questions: Contact Coach Cruce at crucej@usd385.org

Trojans

Grades 9 - 12

May 28th– August 1st

Monday – Thursday

6:30 – 8:00 A.M.

Report to Gym A

Football Players: Installs to follow from 8-9 A.M.

Closed

July 1st – 5th – KSHSAA

Lady Trojans

Grades 7 - 12

June 3rd – July 25th

Monday – Thursday

8:00 – 9:30 A.M.

Report to Gym B

Closed

July 1st – 5th – KSHSAA

Young Trojans

Boys Grades 7 - 8

June 3rd – June 29th

Monday – Thursday

8:15 – 9:15 A.M.

Monday/Tuesday/Wednesday

Strength Training

Middle School Weight Room

Thursday

Speed / Agility / Competitions

Trojan Practice Field

Future Trojans

Speed / Agility / Competitions

Boys and Girls Grades 5 – 6

June 10th – June 29th

Monday and Wednesday

9:30 – 10:30 A.M.

Trojan Baseball Field

