

Bishop Shanahan

HIGH SCHOOL

SUMMER 2024

SPEED-STRENGTH & PERFORMANCE TRAINING

AVAILABLE TO ALL BSHS STUDENTS & SPORTS TEAMS

Where & When

Bishop Shanahan High School
Summer Session - June 17th - August 9th

Schedule

Every Monday & Thursday Evening

- **4:30 PM** - Track/XC
- **5:30 PM** - Boys Sports
- **6:30 PM** - Football

Every Tuesday & Friday Mornings

- **8:30 AM** - Girls Sports
- **9:30 AM** - Football
- **11:00 AM** - Boys Soccer

Cost

\$150, Includes entire Summer program

Registration

Download "Titus Sports-Delaware" from App Store (Log in or Register)

Select "**Team**" tab and "**Titus Wilmington**"

Select the training package "**Bishop Shanahan**" and your training group

TITUS STAFF

Are highly trained and certified. Credentials include certifications from the American Council on Exercise, Collegiate Strength and Conditioning Coaches Association, International Sports Science Association, National Association of Speed and Explosion, Functional Movement Screening, National Strength and Conditioning Association, USA Weightlifting and USA Track and Field.



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