

T.A. Howard Summer Strength and Conditioning

WHEN: July 22-24th, July 29-31st

TIME: 8:30 a.m.- 10:00 a.m. Please have your child there between 8:00 a.m. and 8:25 a.m. to get them cleared so we can start promptly at 8:30 a.m.

WHERE: T.A. Howard Middle School

WHO: Any incoming 7th or 8th-grade student attending T.A. Howard MS for the 2024-25 school year and is in Athletics.

WHAT: This program aims to prepare athletes for their upcoming seasons physically. We will do the following activities.

- Weight Room (with specific instructions)
- Conditioning
- Speed/Agility training
- Mobility/Flexibility
- Sport-specific training

REQUIREMENT:

- Must have a current physical and medical history for the upcoming school year with all appropriate signatures and stamps.
- All online forms must be completed and submitted.

<https://mansfieldisd.rankonesport.com/New/NewInstructionsPage.aspx>

If you have questions, please contact: For up-to-date information, click the link or use the QR code to sign up for the Sports-you app.

Derrius Thompson

Boy's Coordinator

[SportsYou Code: 7XY58EEG](#)

Derriusthompson@misdmail.org

Danielle Comeaux

Girls Coordinator

[SportsYou Code: 5XEK7R68](#)

daniellecomeaux@misdmail.org

