

2025 SUMMER SPEED & STRENGTH CHAMPIONS PROGRAM

JUNE 9TH - 21ST

DAILY SCHEDULE

FOOTBALL: 7:30-9:30 AM

ALL GIRLS SPORTS: 8:30-10:30 AM

MIDDLE SCHOOL GIRLS: 9:30-10:30 AM

ALL BOYS SPORTS: 9:30-11:30 AM

MIDDLE SCHOOL BOYS: 11:30-12:30 PM

WRESTLING (BOYS/GIRLS): 12:30-2:00 PM

**BRING: SHOES CLEATS, WATER,
APPROPRIATE WORKOUT CLOTHING,
SCHOOL IPAD OR PHONE**

7 WEEKS OF TRAINING FOR ONLY \$75

**UNLOCK YOUR ATHLETIC POTENTIAL WITH
OUR SPEED AND STRENGTH PROGRAM.
TAILORED FOR ALL SKILL LEVELS AND
AGES. LED BY CERTIFIED TRAINERS, THIS
PROGRAM BOOSTS STRENGTH, SPEED, AND
AGILITY TO MAXIMIZE ATHLETIC
PERFORMANCE.**

REGISTER ON EDUTRAK