



TROJAN POWER

STRENGTH AND
CONDITIONING

2025

OVERVIEW

Welcome to Trojan Power! Trojan Power is an annual summer strength and conditioning program offered by Trinity Valley School for incoming 7th–12th grade students. This program is designed to help all TVS student-athletes—regardless of sport—stay active and improve their skills as they prepare for their upcoming fall, winter, and spring seasons.

TVS Athletics oversees the training plan and ensures the program is appropriately staffed based on the number of participants each week. **Shane Trotter, Strength and Conditioning Coach, is the primary facilitator of the program.** TVS Auxiliary Programs handles registration and provides logistical support for Trojan Power.

We hope this guide helps you plan your student-athlete's summer schedule. If you have any questions, feel free to reach out to Brandon Palomo (palomob@tvs.org) or Melisa Garcia (garciam@tvs.org).

BOYS TROJAN POWER SCHEDULE (Grades 9-12): SUMMER 2025

- Boys Trojan Power: 8:00–9:30 a.m. on the following dates

The typical schedule runs Monday through Thursday, with exceptions noted in the chart below.

Session Number	Session Dates	Notes
1	May 27-30	Tuesday - Friday, due to Memorial Day
2	June 2-5	
3	June 9-12	
4	June 16-18	Monday - Wednesday - due to Juneteenth
There will be no Boys Trojan Power June 19-July 6		
5	July 7-10	
6	July 14-17	
7	July 21-24	
8	July 28-31	

GIRLS and BOYS (Grades 7-12): TROJAN POWER SCHEDULE: SUMMER 2025

- Girls and Boys (Grades 7-12) Trojan Power: 9:30–11:00 a.m. on the following dates

The typical schedule runs Monday through Thursday, with exceptions noted in the chart below.

Session Number	Session Dates	Notes
1	May 27-30	Tuesday - Friday, due to Memorial Day

2	June 2-5	
3	June 9-12	
4	June 16-18	Monday - Wednesday - due to Juneteenth
5	June 23-26	
<i>There will be no Girls Trojan Power June 27-July 13</i>		
6	July 14-17	Indoor field hockey scrimmages will follow after Trojan Power on Monday, Tuesday, and Thursday.
7	July 21-24	
8	July 28-31	

Matt Morrison, *Head Football Coach*, will offer additional programming for football athletes. Please email him at morrisonm@tvs.org for the 2025 football summer practice schedule.

Claire Pearce, *Head Field Hockey Coach*, will offer a field hockey scrimmage block. Indoor field hockey scrimmages will take place during Trojan Power weeks 6-8 on Mondays, Tuesdays, and Thursdays from 11:00 AM to 11:45 AM.

REGISTRATION

To register for Trojan Power, please use the [TVS Auxiliary Programs registration platform](#). After logging in, make sure to navigate to the “2025 Summer Special Programs: Trojan Power & Spanish IV” season.

Trojan Power is no longer categorized under XPLORE: Summer at TVS. It is now a collaboration between TVS Auxiliary Programs and the Athletics Department. All information about Trojan Power can be found on the [Special Programs](#) webpage.

Advance registration is essential, as it allows TVS Auxiliary Programs to provide the Athletics Department with accurate weekly rosters.

PROGRAM FEES

The fee for each session (week) is \$40.00, which covers 6 hours of training. We aim to make this program accessible to all TVS student-athletes. **Please note that there is a one-time, non-refundable \$25.00 fee upon registration.**

- ➔ If your family currently receives financial aid - please reach out to **Jacob Hayley** (hayleyj@tvs.org) before registering. He will provide specific information to you, which will need to be included in your registration.

Please note that payment will be processed via credit card through the [TVS Auxiliary Programs registration platform](#), as the final step of the registration process. For this reason, we encourage you to submit any financial aid requests before starting the registration process. Thank you!