



# ASHWAUBENON JAGUARS



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## Jaguar Middle School Strength and Athletic Training

**Who:**  
Current 6th, 7th and 8th grade students that played or are planning to play football or want to strength train.

**What:**  
Strength and power training for athletic performance. Prepared workouts programmed by strength coach Brady Gruett.

**When:**  
Tuesdays and Thursdays from 6-7:30pm

**Where:**  
Ashwaubenon High School weight room

**Why:**  
To learn proper technique, increase strength and preparation for upcoming sports seasons.

**Dates:**  
Starts February 3rd and continues until the end of the school year.

*Our goals are to educate young athletes on proper workouts and form, reduce injury potential and to create athletes that are strong and ready to succeed. Workouts will be structured and coached by current coaches and athletic staff. If you want to get stronger, if you want to be your best and if you want to dominate-we can show you how!*

*To register email the following information to Timm Leisgang at [leisgang@sbcglobal.net](mailto:leisgang@sbcglobal.net).*

*-Participant name and current grade level.*

*-Emergency contact name and number.*

*\*There is no cost to participate!*

*Show up on February 3rd by 5:45pm to get started. See you then.*

Questions?  
Contact Timm Leisgang  
[leisgang@sbcglobal.net](mailto:leisgang@sbcglobal.net)  
920-217-4144