



2026 Cougar Summer Pride Strength & Conditioning

June 1st - July 24th, 2026

Group 1: 9-12 Grade Football Athletes
Mon / Tue / Wed / Thur 7:00 - 8:15 AM

Group 2: 9-12 Grade Female Athletes
Mon / Tue / Wed / Thur 9:00 - 10:00 AM

Group 3: 9-12 Grade Male Athletes
Mon / Tue / Wed / Thur 10:00 - 11:00 AM

Group 4: 6-8 Grade Athletes
Mon / Tue / Wed / Thur 11:00 - 12:00 PM

What To Expect

Cougar Summer Pride Strength & Conditioning program is an athletic development program executed by members of the SMNW coaching staff. This program is designed to increase the athlete's speed, strength, agility, and flexibility. Athletes can expect improvement in each of these areas along with improved overall conditioning.

When Is It?

Sessions will be held each week starting JUNE 1 and ending JULY 24 except for the following dates:

JUNE 29 - JULY 5 (4th of July Break / KSHSAA required break)

What Is The Cost?

\$100 - Paid via Venmo @CougarSummerPride
(Note your athlete's name, grade, training group in the "What's it for" section)

Checks payable to "Cougar Summer Pride"

REGISTRATIONS DUE BY MAY 29th

Where Is It?

At the SMNW athletic facilities (weight room, gyms, track, and field).

Who Can Attend?

Any athlete, male or female, grades 6-12 who want to improve their physical abilities through hard work and dedication may attend.

Register Online With Link or QR Code

<https://forms.gle/Rz9ubJxHCsBzsRV57>



