



FALCON PERFORMANCE

2026 REGISTRATION IS OPEN!

Monday-Thursday Workouts in June and July for 6th-12th Grade Athletes

Falcon Performance is an intense eight-week program designed to develop the athleticism of our current and future Summit athletes.

We will work on all areas of athletic development focusing on proper technique in the weight room, core strength, conditioning, agility, and flexibility.

**Monday-Thursday during the weeks of
6/1, 6/8, 6/15, 6/22, 7/6, 7/13, 7/20, 7/27**
(No workouts during Dead Week, the week of 6/29)

Girls Only · Middle School (6-8) :: 7:30-9:15 AM
High School (9-12) :: 7:30-9:15 AM

Boys · Middle School (6-8) Athletes :: 8:45-10:30 AM
High School (9-12) Athletes :: 10:45-12:30 PM

Two Ways to Pay:
\$150 Total - OR - \$45/Week

Families with multiple athletes pay \$150 for the first athlete, \$115 for the second athlete, and \$75 for each additional athlete

Questions?

Email Jon Bunyard at BunyardJonathan@rsdmo.org



REGISTER NOW!
026FOOTBALL.COM