

TROJAN POWER



Strength & Conditioning 2026

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. **John Yarbrough, 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 2026

- **High School 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 26-29	Tuesday - Friday, due to Memorial Day
2	June 1-4	
3	June 8-11	
4	June 15-18	
<i>There will be no Trojan Power June 19-July 5</i>		
5	July 6-9	
6	July 13-16	
7	July 20-23	
8	July 27-30	

GIRLS and BOYS (Grades 7-12): TROJAN POWER SCHEDULE: SUMMER 2026

- **All Girls and Middle School 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 26-29	Tuesday - Friday, due to Memorial Day
2	June 1-4	

3	June 8-11	
4	June 15-18	
<i>There will be no Trojan Power June 19-July 5</i>		
5	July 6-9	
6	July 13-16	
7	July 20-23	Indoor field hockey scrimmages will take place after Trojan Power on Tuesdays and Thursdays.
8	July 27-30	

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 lead an indoor field hockey scrimmage block. Scrimmages will be held on Tuesdays and Thursdays from 11:00 AM to 11:45 AM during Trojan Power Weeks 7–8.

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REGISTRATION

To register for Trojan Power, please use the [XPLORE Summer Registration Platform](#). After logging in, make sure to navigate to the “**2026 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.

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PROGRAM FEES

The fee for each session (week) is \$45.00, 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 **Regan Gilstrap** (gilstrapr@tvs.org) before registering. She 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 [XPLORE Summer 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!