



ETS Performance will offer an Austin summer strength and agility program at Austin High School. It will be designed and instructed by ETS Strength and Conditioning coaches for students entering 7th-12th grade during the 2026-2027 school year.

The program will be held Monday, Tuesday, and Thursday at Austin High School and Ellis Middle School as follows:

Week #1)	June 1-4	Off Week)	July 6-9
Week #2)	June 8-11	Week #6)	July 13-16
Week #3)	June 15-18	Week #7)	July 20-23
Week #4)	June 22-25	Week #8)	July 27-30
Week #5)	June 29 - July 2	Testing)	Aug. 3-6

Program Times and Grade Level Information:

Monday, Tuesday and Thursdays – Time subject to change based on enrollment

Based on the grade student is entering in fall 2026

Time	25-26 Grade
6:30 AM - 8:00 AM	10th-12th Boys
7:30 AM - 9:00 AM	9th-12th Girls
8:30 AM - 9:45 AM	9th Grade Boys
9:35 AM - 10:45 AM*	7th-8th Grade Girls
11:00 AM - 12:10 PM**	7th-8th Grade Boys

Arrive 5 minutes prior to start time.

***Structure of Girls 7th-8th Grade Session:**

- 10 Minute Group-Warm Up (9:35-9:45)
- 8th Graders Speed + 7th Graders Weight Room (9:45-10:15)
- 8th Graders Weight Room + 7th Graders Speed (10:15-10:45)

****Structure of Boys 7th-8th Grade Sessions**

- 10 Minute Group-Warm Up (11:00-11:10)
- 8th Graders Speed + 7th Graders Weight Room (11:10-11:40)
- 8th Graders Weight Room + 7th Graders Speed (11:40-12:10)
- Schedule could adjust based on numbers

Cost: \$100 (Ed Benefits Cost – Reduced: \$50; Free: \$25)

[Infinite Campus](#) Registration will **open** on Monday April 12, 2026

What should students bring: Water Bottle and Indoor/Outdoor Shoes.



What is included in ETS Speed & Agility work?

- **Technical Development:** To become better at running or changing direction we first want our athletes to know and understand the proper mechanics that go behind things like sprinting, changing direction, jumping, etc.
- **Linear Speed:** Improving athletes' acceleration as well as max velocity/speed.
- **Lateral Speed:** Improving how athletes change direction/move side to side
- **Deceleration:** Learn how to slow down and withstand force to better avoid injuries.
- **Energy System Development:** Developing a base of general physical preparedness or "conditioning" for our athletes.
- **Competition:** We aim to provide a highly energized, competitive, and fun environment which allows athletes to develop the traits listed above!

What is included in ETS Strength work?

- **Strength:** Helping athletes get stronger while first and foremost developing technique + quality movement patterns through daily coaching and feedback.
- **Power:** By use of plyometrics (jumping), medicine ball work, and more, we will enhance athletes' explosiveness and rate of force development.
- **Mobility:** Providing movements that can help athletes with movement deficiencies and limited range of motion.
- **Prehab:** Implementing movements to correct muscle imbalances/weaknesses alongside a structured training plan will help in building resilient athletes.