

VICTORY STARTS HERE!

A STRONGER ATHLETE IS A BETTER ATHLETE

SILVER KNIGHT SUMMER ATHLETIC PERFORMANCE TRAINING PROGRAM

Year 3 of our Summer Athletic Performance Training Program

The program will be held every Monday, Tuesday, and Thursday, beginning at 8:00 am

All Summit Silver Knight Athletes are invited to attend – and should attend!

Athletes should bring with them each day:

- 1. Workout attire – dress for warm weather**
- 2. Gym shoes**
- 3. Turf shoes – if needed for your sport**
- 4. WATER, WATER, WATER!!!**
- 5. Great Attitude, a Great Smile, Great Effort**

TRAINING PROGRAM FORMAT:

8:00-8:50 Weight Room Opens (Session #1)
9:00-9:15 Group Flex & Warm Up on Williams Field
9:15-9:50 Group SPARQ Training Stations
9:50-9:55 WATER BREAK
9:55-10:05 Group Conditioning
10:05-10:10 Announcements and TEAM Break
10:10-11:10 Weight Room (Session #2)

