

# 9TH-12TH GRADE SUMMER STRENGTH SESSIONS

# STILLWATER ATHLETICS

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Coach Hayden Harmon, SPS Athletic Performance Coordinator & Certified Strength and Conditioning Specialist, will lead rising 9th-12th grade SPS athletes in weightlifting exercises.

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**Who:** 26-27 9th-12th grade athletes on an SPS athletics team  
Volleyball, Softball, & Cross Country do not need to sign up for Session #2 as their season begins July 15th.

**Where:** 308 W. Franklin (current home of SHS weight room)

**When:** June and/or July

**Session #1 \$75.00**

June 8th-25th: Mon-Thurs 6:50-7:30, 8:50-9:30, or 10:30-11:10

Exact Dates: June 8, 9, 10, 11, 15, 16, 17, 18, 22, 23, 24, 25

**Session #2 \$75.00**

July 6th-23rd: Mon-Thurs 6:50-7:30, 8:50-9:30, or 10:30-11:10

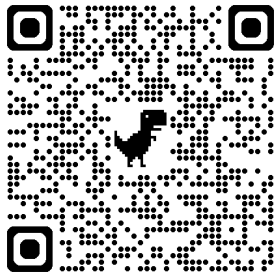
Exact Dates: July 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23

**Attire:** Shorts, t-shirts, athletic shoes; bring a water bottle

**Cost:** \$75.00 per session or \$150 for both sessions. No refunds or makeups.

**Questions:** Please contact our Assistant Athletic Direction Chad Cawood at [ccawood@stillwaterschools.com](mailto:ccawood@stillwaterschools.com) or 405-707-5166

**SIGN-UP HERE**



**PAY HERE**



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