

7TH & 8TH GRADE SUMMER STRENGTH SESSIONS

STILLWATER ATHLETICS

Coach Hayden Harmon, SPS Athletic Performance Coordinator & Certified Strength and Conditioning Specialist, will lead rising 7th and 8th grade SPS athletes in weightlifting exercises.

Who: 26-27 7th & 8th grade athletes on an SPS athletics team

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

When: June and/or July

Session #1 \$75.00

June 8th-25th: Mon-Thurs 11:00:10-11:40 or 11:40-12:10

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

Session #2 \$75.00

July 6th-23rd: Mon-Thurs 11:00:10-11:40 or 11:40-12:10

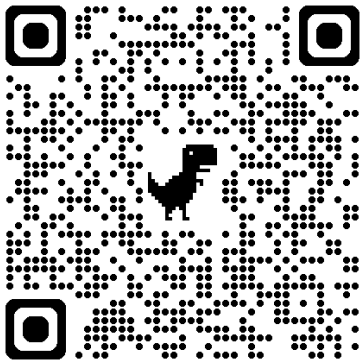
Exact Dates: July 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23

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 or 405-707-5166

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