

KRUM LADY CATS



# STRENGTH & CONDITIONING SUMMER PROGRAM 2026

## TRAIN LIKE CHAMPIONS

### SESSION TIMES (MON-THU)

Session 1 - High School (8:30-9:45 AM)

Session 2 - Middle School (9:30-10:30 AM)

### DATES & LOCATION

Dates: June 1st through July 9th

Location: High School Gym

### PROGRAM FOCUS



#### Explosive Power

Jump higher and move faster with sport-specific plyometrics.



#### Strength & Stability

Build a solid foundation to improve performance and prevent injuries.



#### Speed & Agility

Master footwork and acceleration to outpace the competition.



#### Conditioning

Increase your engine capacity to stay strong until the final whistle.

