

WARRIOR POWER



**Grades 6-12
Welcome!**

TUESDAY JUNE 9- THURSDAY JULY 23RD.

MONDAY, TUESDAY, WEDNESDAY, THURSDAY

SESSION 1 - 6:30-8:00AM

SESSION 2 - 8:00-9:30AM

- **SESSIONS 1 & 2 - EXPERIENCED ATHLETES - HAVE COMPLETED 1 FULL OFF-SEASON WARRIOR POWER PROGRAM. VARSITY/JV1 LEVEL ATHLETES**

SESSION 3 - 9:30-11:00AM

- **FEMALE ATHLETES ONLY - ALL EXPERIENCE LEVELS**

SESSION 4 - 11:00AM-12:00PM

- **NEWCOMER ATHLETES - FIRST TIME PARTICIPATING IN WARRIOR POWER, IT IS STRONGLY ENCOURAGED FOR INEXPERIENCED ATHLETES TO ATTEND THIS SESSION. JV2/MIDDLE SCHOOL ATHLETES**

Register Here



EXPERIENCED ATHLETES - CONSISTENT TRAINING WILL RESULT IN INCREASED SPEED, AGILITY, MOBILITY, EXPLOSIVENESS, STRENGTH, SIZE, AND ALSO CONTRIBUTE TO INJURY PREVENTION. WE'RE TRAINING!

NEWCOMERS ATHLETES - SEEKS TO DEVELOP STRONG FOUNDATIONAL TECHNIQUES FOR RUNNING, JUMPING, CHANGE OF DIRECTION, AND IN THE WEIGHT ROOM. THE GOAL IS TO HAVE A BASIC UNDERSTANDING OF MOVEMENTS & TO SHOW PROFICIENCY IN PROPER TECHNIQUE & FORM FOR OUR BASE LIFTS.



SPORTSYOU CODE - 8W42KUPW

Any Questions?

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