

Bishop Shanahan

HIGH SCHOOL

SUMMER 2026
SPEED-STRENGTH & PERFORMANCE TRAINING

AVAILABLE TO ALL BSHS STUDENTS & SPORTS TEAMS







Where & When

Bishop Shanahan High School
Summer Session - June 15 - August 8

Schedule

EveryMonday & Thursday Evening

- ***4:30 PM*** - Girls Sports
- ***5:30 PM*** - Boys Sports
- ***6:30 PM*** - Football

Every Tuesday & Friday Mornings

- ***8:30 AM***- Girls Volleyball
- ***9:30 AM*** - Football
- ***11:00 AM*** - Boys Soccer

Cost

$150,Includes entire Summer program

Registration

Download "Titus Sports-Delaware" from App Store (Log in or Register)
Select ***"Team"*** tab and ***"Titus Wilmington"***
Select the training package ***"Bishop Shanahan"*** and your training group

TITUS STAFF

Are highly trained and certified. Credentials include certifications from the American Council on Exercise, Collegiate Strength and Conditioning Coaches Association, International Sports Science Association, National Association of Speed and Explosion, Functional Movement Screening, National Strength and Conditioning Association, USA Weightlifting and USA Track and Field.

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