



**PENN-DELCO
SCHOOL DISTRICT**

STRENGTH & CONDITIONING SEMINAR AND DEMONSTRATION

**Tuesday, October 13, 2026
6:30 p.m.
Sun Valley High School Auditorium**



TOPICS INCLUDE



Training Myths



Goal Setting



Training Program Design



Injury Prevention

FEATURING



TIM TEEFY

Director of Olympic Sports
Performance, Temple University



FREE & OPEN TO SUN VALLEY + NORTHLEY ATHLETES

This event is hosted by the Sun Valley Athletic Department. Students are encouraged to attend with a parent/guardian.