

CEDAR FALLS HIGH SCHOOL

2019 SUMMER STRENGTH PROGRAM

MEN'S PROGRAM – GRADES 10-12

PROGRAM GOAL: To work as a team to increase strength, speed, explosiveness, and functional flexibility to enhance performance and to **build team chemistry/leadership.**

Program Objectives

- ◆ Increase strength, explosiveness, functional flexibility & agility
- ◆ Teach proper technique for injury prevention
- ◆ **Develop team-building skills**

Why lift at the CFHS Wt. Room?

- ◆ **Structured** training program
- ◆ **DEVELOP CHEMISTRY WITH YOUR TEAMMATES!**
- ◆ **DEVELOP LEADERSHIP SKILLS!**

Location: Cedar Falls High School Weight Room and Gym

Days & Dates: Monday, Tues, Thurs, Friday---June 10 – August 1

The summer program will begin on May 20 for male athletes going into grades 10-12 in the fall of 2019. Many athletes will complete their lifts during Advanced Conditioning and Basic Strength class during the day. There will also be an after school session that begins at 3:15 pm each school day until the end of the school year.

SIGN UP FOR ONE OF THE FOLLOWING TRAINING SESSION TIME SLOTS:

Morning Sessions: **6:00 AM – 7:00 AM (Male athletes grade 10-12 M/T/Th/F)**
7:00 AM – 8:00 AM (Male athletes grade 10-12 M/T/Th/F)

Cost: \$40.00 (checks payable to Cedar Falls Athletics)

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2019 SUMMER WEIGHT TRAINING AND CONDITIONING PROGRAM

Click on the link below to sign up for a summer lifting session

[SUMMER WEIGHT ROOM SIGN UP FORM](#)