

CEDAR FALLS HIGH SCHOOL

2019 SUMMER STRENGTH PROGRAM

WOMEN'S PROGRAM

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: Tuesday, Thursday, and Friday---June 11 – August 2

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

Morning Sessions: 8:30 AM – 9:15 AM (Tues, Thurs, and Friday)
9:15 AM – 10:00 AM (Tues, Thurs, and Friday)

Afternoon Session: 2:00 PM – 3:00 PM (Tues, Thurs, and Friday)

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**](#)
[**Women's program**](#)