



Summer Strength and Conditioning

Summary:

This program consists of a speed and agility built program involving mobility, flexibility and building your core strength to maximize your power and athleticism. Under the training of our certified coach Pat O'Toole students will be put through a dynamic stretch followed by a series of lifts in our weight room (Dungeon). After our lifts each session will conclude with running, sprinting, speed, agility and conditioning on our track and field at WHS.

Cost— \$50 for Summer June 26-Aug16

Staff

Head Coach Pat O'Toole
Ally Reynolds
Shawn Whouley

Mon - Wed- Friday

Upperclassmen girls
Freshman Girls
Upperclassmen boys
Freshman Boys
Individual team workouts

6 hrs a week for 7 weeks = 42 hrs of workouts

Funding

Approx 200 x \$50 = \$10,000