

## **Cub Pride Strength and Conditioning**

Athletes 7-12 grade (2 Hours max per day)

Purpose: Develop strength, speed, flexibility, and coordination all needed for athletic performance.

Sessions:

JHG 8:00 am - 9:00 am

JHB 10:00 am - 11:00 am

HSG 5:00 pm - 6:00 pm

HSB 7:00 pm - 8:00 pm

## **Cub Pride Sport Specific Training**

Athletes 7-12 grade (2 Hours max per week)

Purpose: Develop sport specific skills in Football, Volleyball, Basketball, Baseball, and Softball.

Sessions:

JHG 9:00 am - 10:00 am

JHB 11:00 am - 12:00 pm

HSG 6:00 pm - 7:00 pm

HSB 8:00 pm - 9:00 pm

Training Dates:

May 20-23

May 27-30

June 3-6

June 10-13

June 17-20

June 24-27

July 8-11

July 15-18

July 22-25

### **\*CAMP DATES**

**MAY 21-23 Cub Football Camp 3-9 grades**

**JUNE 5 Softball Pitching Clinic 9-12 grades**

**JUNE 10-13 Cub and Lady Cub Basketball Camp**

**JUNE 20-21 Lady Cub Volleyball Camp 7-10 grades**