



# **DELWEIN SUMMER LIFTING/AGILITY**

OHS- Monday, Wednesday and  
Fridays @ OHS Gym

Two Sessions:  
6 AM to 7:45 AM  
7 AM to 8:45 AM  
Starting May 29

- Get stronger ✓
- Develop speed ✓
- Build community ✓
- Work as a team ✓
- Become a better athlete ✓
- Show your #HuskyEDGE ✓

## **MISSION:**

Student-athletes will consistently participate in the weight training program in order to improve strength, agility, flexibility, speed, and injury prevention.



High School Summer Schedule

May Dates: 29, 31

June Dates: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28

July Dates: 1, 3, 8, 10, 12, 15, 17, 19, 22, 24, 26

August Dates: 5, 7, 9, 12, 14, 16

**31 DATES TO GET BETTER!**