



DELWEIN SUMMER LIFTING/AGILITY

OMS- Tuesdays and Thursdays @ The Church

One Session

6:30 AM to 8:15 AM

Speed and agility training and weight lifting

MISSION:

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

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

Middle School Summer Schedule

May: 30

June: 4, 6, 11, 13, 18, 20, 25, 27

July: 2, 9, 11, 16, 18, 23, 25

August: 6, 8, 13, 15

20 DATES TO GET BETTER!

