

Jr. High Strength & Conditioning

Sessions will be *Monday thru Thursday* 5:30 P.M to 6:45 P.M. in the senior high weight room and gym. The sessions are **FREE** of charge and are designed exclusively for junior high athletes.

These sessions are highly organized and athletes are required to follow the program designed by the strength and conditioning staff. We will focus on improving our athletes' skills in the following areas: strength, speed, flexibility, coordination, and endurance. There is a direct correlation between athletes with strong summer attendance and athletes who excel in their sport.



JUNE 4-JULY 19
5:30-6:45p.m.

SEP High School Gym and Weight Room

Contact

Eric Hendrickson
 515.724.2236

Eric.Hendrickson@Southeastpolk.org

Athletes entering 6th, 7th and 8th grade this fall

Camper's Name	Grade in Fall	Age	School
Address	City, State, Zip		
Home Phone	Emergency Phone		
E-mail			

Click Here to Register online at RamMall, or mail the completed form to:

Activities Office, Southeast Polk High School
 7945 NE University Ave.
 Pleasant Hill, IA 50327

