

2019 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. Efforts at this level prepare young athletes with the skills, concepts and basic knowledge they need to excel in our high school programs.



JUNE 10-JULY 26

5:30-6:45p.m.

Contact

SEP High School Gym and Weight Room

Eric Hendrickson
515.724.2236

Athletes entering 7th and 8th grade this fall

Eric.Hendrickson@Southeastpolk.org

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

