

SUMMER 2018 ADVANCED STRENGTH & CONDITIONING

WEEKLY SESSIONS INCLUDE:

SPEED DEVELOPMENT
STRENGTH DEVELOPMENT
PLYOMETRICS/BOUNDING
JOINT STABILIZATION
FLEXIBILITY EXERCISES
STRENGTH ENDURANCE
CARDIOVASCULAR
AGILITY RUNNING
ABDOMINAL CIRCUIT
OLYMPIC LIFTS

SPORT SPECIFIC LIFTS

STATE OF THE ART
4,000 SQ. FT.
WEIGHT ROOM

SUMMER STRENGTH &
CONDITIONING
CALENDAR



WEEK 1 - JUNE 11th - 14th

WEEK 2 - JUNE 18th - 21st

WEEK 3 - JUNE 25th - 28th

OFF - JULY 2nd - 6th

WEEK 4 - JULY 9th - 12th

WEEK 5 - JULY 16th - 19th

OFF - JULY 23th - 27th

WEEK 6 - JULY 30th - 2nd

[ONLY ONLINE REGISTRATION ACCEPTED](#)

<http://kleinisd.store.rankonesport.com/Camp/List#>
Monday-Thursday beginning June 11th

FOR MORE INFORMATION
CALL (832) 484-4801

KLEIN OAK HIGH SCHOOL
ATHLETIC OFFICE

- SESSION I TIME: 7:30AM – 9:30AM
10TH, 11TH, 12TH GRADE
- SESSION II TIME: 9:30AM – 11:30AM
7TH, 8TH, 9TH GRADE

Fee- \$135.00

KLEIN OAK WEIGHT ROOM

PARTICIPANTS: BOYS & GIRLS GRADES 7TH – 12TH APPLICABLE TO 2018/19 SCHOOL YEAR