

**Athletic Development
Free of Charge
Strength and Conditioning Training
All Summer**

Training Begins Monday, June 6

Girls: Grades 7 -9

9:00-10:15am

Monday, Wednesday, Friday

Girls: Grades 10 – 12

10:15-11:30am

Monday, Wednesday, Friday

Boys: Grades 7 – 9

9:00-10:15am

Tuesday, Thursday, Saturday

Boys: Grades 10 – 12

10:00-11:30am

Tuesday, Thursday, Saturday

Questions: Tim Casey
casey.tim@iccsd.k12.ia.us