



STRENGTH & CONDITIONING EDUCATION

All students, grades 5-11, are invited to participate in the Summer School Strength and Conditioning class.

Strength and Conditioning classes focus on skill development in weight lifting, speed, and agility. Students also work on running form, flexibility, and conditioning exercises. Students learn proper techniques to promote development and minimize the risk of injury.

Where: Sun Prairie High School, Weight Room, 888 Grove Street

When: June 11-July 19, Monday-Thursday

(no class on July 4, make-up date is July 6)

Sessions: Please use your current (2017-18) grade level

- 10th - 11th grades 7am - 9 am
- 5th - 7th grades* 9am - 10 am

*This is an introductory class with emphasis on form.

- 8th - 9th grades 10am - 12 noon
- 8th - 11th grades 5pm - 7 pm

Additional information:

- Students **MUST** be enrolled in the district and registered to participate.
- Parents/guardians may register their children by completing this form:
 - [Strength and Conditioning Registration Form](#)
 - **If you have already registered you DO NOT need to do so again**

More:

- There is no fee for this class.
- District transportation is not provided.
- The teachers have offered a variety of times for different grade levels, but if the times available do not fit the student's schedule, please contact a teacher to discuss the possibility of registering for another time.

Questions, please contact:

- Tim Bass - 318.8167
- Brian Kaminski - 834.6837

