



PHOENIX COUGARS SUMMER TRAINING

M - ACCELERATION | T - AGILITY
W - MAX VELOCITY | TH - CONDITIONING

SCHEDULE

MAY 28-30 INTRO | JUNE 3-27 | JULY 8-25

TIME

7-745AM: SPEED SESSION I BOYS

8-855AM: STRENGTH SESSION I BOYS

8-845AM: SPEED SESSION II GIRLS

9-955AM: STRENGTH SESSION II GIRLS

10-1055AM: OPEN SESSION ALL

Cost \$100

POWER | HYPERTROPHY | STRENGTH | ENDURANCE



Please reach out to Coach Karvis or Coach Stry about scholarship opportunities