

McLouth Bulldog

Summer Strength and Conditioning 2023

Boys Session: 6:30 am - 8:00 am

M-W-F *starting Wed May 31, 2023 *

- All boys entering grades 7-12

Girls Session: 8:00 am - 9:30 am

M-W-F *starting Jun 5, 2023*

- All girls entering grades 7-12

****No sessions during the week of the 4th of July****

Boys Coach:

Seth Mills - 763-567-0102

millss@mclouth.org

Girls Coach:

Victoria Overstreet - 785-608-4878

overstreetv@mclouth.org

Sessions will include:

- Strength Development through proper lifting form on Core lifts and complementary Auxiliaries
- Flexibility improvement
- Explosive athletic development through speed work, agilities and plyometrics

