

Fitness Training

for Those Interested in Football

Attention Students:

Do you need help with fitness training to be ready for Trexler's 2017 season? Are you seeking opportunities to get in shape over the summer?

Join us during the summer for convenient 2-hr training sessions from 2-4 pm.

Program Details:

- ◆ This program is voluntary.
- ◆ Participation or non-participation will have **NO** effect on a student athlete making the football team during tryouts.
- ◆ Approved Trexler Football coaches will be leading the workouts on assigned days.
- ◆ Student athletes are required to have an up to date physical on file as well as a MRSA form on file to participate.

Fitness Training Dates:

- July 7
- July 10
- July 12
- July 14
- July 17
- July 19
- July 21
- July 24
- July 26
- July 28
- July 31
- August 2
- August 4
- August 7
- August 9
- August 11

All sessions are located on Trexler's Baseball Field.

The goal of this summer program is to teach student athletes proper exercises and form that are proven to increase speed, power, and flexibility. They will also be taught running form, quickness drills, and stability drills to help develop quickness, speed, agility, and hopefully decrease injuries during the season.

