

Tatum I.S.D. Parents and Athletes,

As the end of the school year approaches we would like to take this opportunity to tell you about the Tatum Summer Workout Program. The workout program is an opportunity for Tatum students and athletes to maintain fitness and develop team-building skills through the summer by participating in group workouts with fellow student-athletes.

The summer workout program is designed to benefit athletes of all sports. The program is for Tatum student-athletes that are going into 7<sup>th</sup> grade up to 12<sup>th</sup> grade. The summer workout program is not a social group. Participants are expected to do their best at every workout they attend. The athletes will get out of the program what they put into it.

The program is comprised of three types of workouts.

**Mental Toughness**: Workouts designed to teach athletes to not let down or quit.

**Strength / Agility / Quickness**: Workouts that build explosive strength, speed and quickness.

**Conditioning**: Workouts to increase endurance.

These sessions will begin June 6, 2016. The workouts will be held Monday through Thursday mornings during the months of June and July. The incoming 7<sup>th</sup>-8<sup>th</sup> grade time will be from 8:30 am – 9:45 am. The incoming 9<sup>th</sup>-12<sup>th</sup> workout will be from 10:00 am – 11:30 am. These workouts will take place at the Tatum High School Indoor Facility.

Thanks and GO EAGLES,

Tatum Coaching Staff

