



IRAAN HS and JH ATHLETES
2018 SUMMER STRENGTH AND CONDITIONING PROGRAM
GRADES 7-12 BOYS and GIRLS

Dates: June 4-July 19 (Monday through Thursday).

****Please note that there is no summer program during the week of July 2-6.**

Daily Time: 8:00 – 9:45 A.M.

Where: Iraan Sheffield ISD Athletic Facilities

Who: Athletes of all sports for *incoming* 7th graders through incoming 12th graders

What: Strength, speed, quickness development course conducted by Iraan's coaching staff

Cost: The summer workout program is free. We ask \$10 per athlete to go towards a strength and conditioning t-shirt. (Make checks payable to Iraan Sheffield ISD)

Questions: Call Iraan Field House (432-639-2512) ext. 240