

2021

Tri-Valley Boys Summer Acceleration

June 1st-July 29th

9th-12th Athletes—7:00-8:30AM

7th-8th Athletes—7:30-9:00AM

- Open to any boys entering 7th through 12th grade for the 2021-22 school year.
- Consists of lifting, speed, agility, and conditioning work
- Athletes will need to wear good athletic shoes. Most drills are in the gyms or on the track.
- Contact Coach Snethen—email: dan.snethen@k12.sd.us cell: (605) 321-5302
- Schedule:

Week #1 (Tuesday/Wednesday/Friday)- June 1st, 2nd, 4th
Week #2 (M/W/Th)- June 7th, 9th, 10th
Week #3 (M/W/Th)- June 14th, 16th, 17th
Week #4 (M/W/Th)- June 21st, 23rd, 24th
Week #5 (M/W) - June 28th & 30th
Week #6 (Th/F) - July 8th & 9th
Week #7 (M/W/Th)- July 12th, 14th, 15th
Week #8 (M/W/Th)- July 19th, 21st, 22nd
Week #9 (M/W/Th)- July 26th, 28th, 29th

No Acceleration May 31st (Memorial Day) or July 1st -7th (SDHSAA Rules)

Important High School Football Dates

High School Football Workouts - Wednesdays after Acceleration 9:00-10:30ish

- June 15-17 (9:00-12:00) - **Tri-Valley Team Camp** - For All TV HS Football Players
- June 18-20 - **SDSU Team Camp** - Invitation Only - Varsity Players
- June 28 (9:00-12:00) - Scrimmage Camp @ Lennox - Freshmen/Sophomores Only
- June 29 (9:00-12:00) - Competitive Scrimmages @ Lennox - Varsity

Please Complete and Return by May 6th

Please detach and keep the above portion.

Tri-Valley SUMMER ACCELERATION REGISTRATION

Please complete and attach payment for the athlete attending Summer Acceleration. **DUE May 6th**

PROGRAM COST: \$100/Athlete. Make checks payable to **Tri-Valley**. Tri-Valley is not responsible for any accidents or injuries.

Name _____

Grade (Fall 2021) _____