

THE EDGE

La Grange Leopard Summer Conditioning Program

WHEN:

- Monday through Thursday during the Summer of 2021
- Beginning June 7, 2021
- Ending July 22, 2021
- 8:30am – 10:00am (9th-12th Grade Male Athletes)
- 10:30am – 11:30am (All 7th & 8th Graders)
- We will take off the week of July 5 – July 8, 2021

WHO:

- All Boys' and Girls' Sports
- For all new and returning student – athletes (7 – 12)

COST:

- FREE

PROGRAM DESCRIPTION:

- 50 Minutes Weights (30 Minutes for 7th – 9th)
- 40 Minutes Speed Enhancement, Agility Training, and Conditioning
(30 Minutes for 7th – 9th)

CONTACT PERSON:

Coach Matt Kates (Athletic Director / Head Football Coach)
Office: 979-968-7018
Cell: 979-966-2219