



## **Parkston Summer Strength & Conditioning Program**

The Parkston School District is excited to announce that our summer strength and conditioning program will begin on Monday, June 5th, 2023. This year's program will be coordinated by Avera Strength and Conditioning professional James Dougherty and our Varsity head coaches. Summer Performance Training is for the student-athlete who is committed to improving their speed, power, agility, and stamina. Strength and conditioning will be the primary focus of the summer. Each session will also incorporate strength and/or core training, sport-specific activities, and flexibility/mobility components for a program that fulfills each aspect of Sports Performance Training.

**Start Date:** Monday, June 5th 2023

**Location:** Multi-Purpose Gym & Weight Room (Parkston High School)

**Days of the Week:** **Boys** 9-12– Monday, Tuesday, Thursday, & Friday (Coach Grave)  
**Girls** 9-12– Monday, Tuesday, Thursday, & Friday (Coach Dougherty)  
**Boys and Girls** 6th-8th– Tuesday & Friday (Coach Dougherty)

**Groups:**

<b>One–</b>	Boys grades 9-12	(6:30-8:00)
<b>Two–</b>	Girls grades 9-12	(8:00-9:30)
<b>Three–</b>	Girls grades 6-8	(9:30-10:15)
<b>Four–</b>	Boys grades 6-8	(10:15-11:00)

**Cost:** \$20/athlete grades 9-12 and \$10 grades 6-8  
-cost includes t-shirt  
-Checks can be made out to the Parkston School District



**TROJAN POWER**

***\*\*Summer Moratorium July 1st-July 9th– NO WORKOUTS\*\****