



**!!!HEY ATHLETES!!!**



**U.S. GRANT JUMP IN**

**SUMMER ENRICHMENT PROGRAM**

**THIS PROGRAM WILL BE TWO 2-HOUR WORKOUT SESSIONS INVOLVING STRENGTH TRAINING, SPEED DRILLS, AND CONDITIONING FOR FEMALE AND MALE ATHLETES 6<sup>TH</sup>-12<sup>TH</sup> GRADE.**

**DATES:** JUNE 7<sup>TH</sup>-24<sup>TH</sup>  
(MONDAY, TUESDAY, THURSDAY, FRIDAY)

**TIMES:** SESSION 1- 7:00 AM - 9:00 AM  
SESSION 2- 9:00 AM - 11:00 AM

**WHERE:** U.S. GRANT HIGH SCHOOL

**SCHOOLS:** U.S. GRANT HS/JEFFERSON MS/ROOSEVELT MS

**COST:** FREE!!!

**ASK YOUR A.D. OR ANY COACH FOR MORE DETAILS!!!**



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