



FOOTBALL

Returning Players

Summer Strength and Conditioning

June 26th – August 11th, 2017 10am-12pm

ALL student athletes planning on playing fall sports are requested to attend this summer strength and conditioning. These sessions consists of Strength, Speed, Agility, Quickness, and Injury Prevention programs.

Team: **FOOTBALL**

Location: Archbishop Murphy Weight Room & Terry Ennis Stadium

Dates: **June 26th – August 11th , 2017**

- **MONDAY – THURSDAY**
- No Session July 4th.

Time: 10am to 12pm

Cost: \$25 Equipment Maintenance Fee

\$50 for Gatorade Recovery Program **MANDATORY**

Speak to Coach Jordan **DIRECTLY** with issues regarding fees

- **Gatorade recovery packages are available for \$50 per athlete for the full summer (10 Weeks).** We strongly suggest purchasing this for optimal recovery. This includes the option of a pre activity snack and post training nutrition shake/snack 4 days a week. ***This check is due at the beginning of the summer and should be made out to AMHS Athletic Department, noted "Sports Performance".*** This is administered by the sports performance and medical staff who are certified in sports nutrition and tracked at the end of every training session and/or practice.
- Have proper footwear at all times (Both cleats and training sneakers/running sneakers). Cross training sneakers with firm, low soles highly suggested!
- Athletes **MUST** wear socks.

Any questions, concerns, or conflicts please contact Head Strength and Conditioning Coach Jordan James, MS, CSCS, USAW, FMS, Pn1, PES **DIRECTLY** at jjames@am-hs.org or 425-553-2326.