



ARGYLE INDEPENDENT SCHOOL DISTRICT

2026

ATHLETIC DEPARTMENT - SPORTS PERFORMANCE PROGRAM

SUMMER

SUMMER STRENGTH & CONDITIONING PROGRAM

WORKOUT WEEKS

- 1 JUNE 8-11 (MON-THURS)
- 2 JUNE 15-18 (MON-THURS)
- 3 JUNE 22-25 (MON-THURS)
- OFF** JUNE 29 - JULY 3 (MON-FRI)
- 4 JULY 6-9 (MON-THURS)
- 5 JULY 13-16 (MON-THURS)
- 6 JULY 20-23 (MON-THURS)

PROGRAM FOCUS

- ✓ STRENGTH & EXPLOSIVENESS
- ✓ BALANCE & FLEXIBILITY
- ✓ SPEED DEVELOPMENT
- ✓ AGILITY
- ✓ ENDURANCE
- ✓ TEAM BUILDING
- ✓ INJURY PREVENTION

SPORT SPECIFIC SKILLS WORKOUTS

- ✓ Available to 9-12th Athletes Only
- ✓ Additional Hour before or after Summer Conditioning Workout
- ✓ No Additional Cost
- ✓ Days & Times of Skills May Vary
The Head Coach of each Sport will Communicate days and times.

MIDDLE SCHOOL ATHLETES

90 Minute Workout
INCOMING 7-8

- 📍 ARGYLE HS FIELD HOUSE
6611 Canyon Falls Dr.
- 🕒 7:00 - 8:30 AM
- 🏃 ARGYLE MS & GIBSON MS
GROUPS: 8th Boys, 7th Boys, & 7th/8th Girls
- 📄 REGISTER HERE

*PRICING AND PAYMENT INFORMATION AVAILABLE WITHIN THE REGISTRATION FORM

HIGH SCHOOL BOYS SPORTS

90 Minute Workout
INCOMING 9-12

- 📍 ARGYLE HS FIELD HOUSE
6611 Canyon Falls Dr.
- 🕒 8:30 - 10:00 AM
- 🏃 BOYS SPORTS
Football, Baseball, Soccer, Track, Wrestling
- 📄 REGISTER HERE

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HIGH SCHOOL GYM SPORTS

60 Minute Workout
INCOMING 9-12

- 📍 ARGYLE HS FIELD HOUSE
6611 Canyon Falls Dr.
- 🕒 10:00-11:00 AM - Volleyball*
(4 Days/Week - 5 Weeks)
- 🕒 10:00-11:00 AM - Girls Basketball*
(4 Days/Week - 6 Weeks)
- 🕒 9:00-10:00 AM - Boys Basketball*
(4 Days/Week - 5 Weeks)
- 📄 REGISTER HERE

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HIGH SCHOOL GIRLS SPORTS

60 Minute Workout
INCOMING 9-12

- 📍 ARGYLE HS FIELD HOUSE
6611 Canyon Falls Dr.
- 🕒 10:00 - 11:00 AM
- 🏃 GIRLS SPORTS
Softball, Soccer, Track, Wrestling
- 📄 REGISTER HERE

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*ALL WORKOUTS ARE RUN BY ARGYLE ISD HS & MS COACHES
*ALL WORKOUTS ARE DESIGNED BY THE ARGYLE ISD SPORTS PERFORMANCE DEPARTMENT