



SUMMER STRENGTH & CONDITIONING PROGRAM

WORKOUT WEEKS

- 1 JUNE 3-6 (MON-THURS)
- 2 JUNE 10-13 (MON-THURS)
- 3 JUNE 17-20 (MON-THURS)
- 4 JUNE 24-27 (MON-THURS)
- OFF JULY 1-5 (MON-FRI)
- 5 JULY 8-11 (MON-THURS)
- 6 JULY 15-18 (MON-THURS)



PROGRAM FOCUS

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



HIGH SCHOOL BOYS SPORTS

90 Minute Workout
INCOMING 9-12

📍 AHS FH - 6601 Canyon Falls Dr.

🕒 8:00 - 9:30 AM

🏃 **SPORTS** - Football, Baseball, Boys Soccer, Boys Track, Boys Wrestling

📄 **REGISTER HERE**

MIDDLE SCHOOL ATHLETES

90 Minute Workout
INCOMING 7-8

📍 AMS FH - 191 S. Highway 377

🕒 7:00-8:30 AM - 8th Grade Boys

🕒 7:30-9:00 AM - 7th Grade Boys (A-K)

🕒 8:00-9:30 AM - 7th Grade Boys (L-Z)

🕒 8:30-10:00 AM - 7th/8th Grade Girls

📄 **REGISTER HERE**

HIGH SCHOOL GYM SPORTS

60 Minute Workout
INCOMING 9-12

📍 AHS GYM - 6601 Canyon Falls Dr.

🕒 9:00-10:00 AM - Boys Basketball

(4 Days/Week - 5 Weeks)

🕒 10:00-11:00 AM - Girls Basketball

(3 Days/Week - 5 Weeks)

🕒 11:00-12:00 PM - Volleyball

(4 Days/Week - 5 Weeks)

📄 **REGISTER HERE**

HIGH SCHOOL GIRLS SPORTS

60 Minute Workout
INCOMING 9-12

📍 AMS FH - 191 S. Highway 377

🕒 9:00 - 10:00 AM

🏃 **SPORTS** - Softball*, Girls Soccer, Girls Track, Girls Wrestling

Softball Only (3 Days/Week - 6 Weeks)

📄 **REGISTER HERE**

SIGN UP NOW

🌐 www.argyleeaglessports.com/camps

**ALL WORKOUTS ARE RUN BY ARGYLE HIGH SCHOOL & MIDDLE SCHOOL COACHES*
**ALL WORKOUTS ARE DESIGNED BY THE ARGYLE ISD SPORTS PERFORMANCE DEPARTMENT*
**SPORT SPECIFIC SKILL TRAINING WILL BE AVAILABLE AND TIMES WILL BE ANNOUNCED BY EACH TEAMS COACH*