

# PRAIRIE PERFORMANCE

## 2013-14

ALL ATHLETES-ALL SPORTS-ALL IN

### ***ATTENTION ALL 9th-12th ATHLETES***

The Prairie Booster Club is proud to offer the Prairie Performance strength training program for the 2013-14 school year for all current 9th-12th grade athletes. Strength training begins on Wednesday, August 21st at 4:00 PM in the Prairie HS weight room. The strength training will continue throughout the school year on Monday, Wednesday, and Thursday of each week (see calendar). In addition, the agility training program will offer three six-week sessions. The first agility session will begin on Thursday, October 3rd at 6:30 AM in the Prairie HS south gym. Agility sessions will follow a Tuesday, Thursday schedule (see calendar).

Please visit [prairieperformance.org](http://prairieperformance.org) (calendar tab) for the full 2013-14 Prairie Performance schedule.

