

PRAIRIE PERFORMANCE

SUMMER AGILITY SESSION & TESTING COMBINE

2014

ALL ATHLETES-ALL SPORTS-ALL IN

Visit ***www.prairieperformance.org*** for more **information** & to **register**

WHO: All 2014-15 7th-12th grade students are invited to participate.

WHAT: Prairie Performance is the unified strength-training program of Prairie Athletics. Summer agility training is a twelve-session program designed to prevent injury & improve athletic performance.

WHEN: Monday, Wednesday, & Friday. Begins June 9th. Ends July 7th.

	<i>Strength Training</i>	<i>Agilities Training</i>
6:00 AM		
6:15 AM		
6:30 AM	Strength Session 1	
6:45 AM	6:30-7:30 AM	
7:00 AM	Junior-Senior Boys	Agilities Session 1
7:15 AM		7:00-8:15
7:30 AM	Strength Session 2	7th-8th Boys & Girls
7:45 AM	7:30-8:30 AM	
8:00 AM	Freshmen-Sophomore Boys	
8:15 AM		
8:30 AM	Strength Session 3	Agilities Session 2
8:45 AM	8:30-9:15 AM In-Season Sports	8:30-9:45 AM
9:00 AM		9th-12th Boys
9:15 AM	Strength Session 4	
9:30 AM	9:15-10:15 AM	
9:45 AM	Freshmen-Senior Girls	
10:00 AM		
10:15 AM		Agilities Session 3
10:30 AM		10:15-11:30 AM
10:45 AM		9th-12 Girls
11:00 AM		
11:15 AM		

**Strength training is free & all 9th-12th athletes are REQUIRED to attend.*

WHERE: All agility activities will take place on John Wall Field

EXPECTATIONS:

- Attend all sessions. Be 15 minutes early to each session
- Wear shorts, t-shirts, and running shoes
- Be a good teammate before, during, and after each session
- Be coachable, maintain a positive attitude, maximum effort

SUMMER COMBINE:

- The final session (July 7th) of summer agility training will be a combine format
- Athletes will test in the 10/40, pro agility, broad jump, vertical, & obstacle course
- Attendance of athletes is required at the summer combine

Prairie Performance Summer 2014 Calendar
**See detailed schedule for specific session times.*

Prairie Performance

Jun 2014 (Central Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	4pm - Spring Strength		4pm - Spring Strength	4pm - Spring Strength		
8	9	10	11	12	13	14
	6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility	
15	16	17	18	19	20	21
	6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility	
22	23	24	25	26	27	28
	6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility	
29	30	1	2	3	4	5
	6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility		NO Training Activities	

Prairie Performance

Jul 2014 (Central Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
	6:30am - Summer Strength 7am - Summer Agility		6:30am - Summer Strength 7am - Summer Agility		NO Training Activities	
6	7	8	9	10	11	12
	6:30am - Summer Strength 7am - Summer Agility-Combine		6:30am - Summer Strength		6:30am - Summer Strength	
13	14	15	16	17	18	19
	6:30am - Summer Strength		6:30am - Summer Strength		6:30am - Summer Strength	
20	21	22	23	24	25	26
	6:30am - Summer Strength		6:30am - Summer Strength		6:30am - Summer Strength	
27	28	29	30	31	1	2
	6:30am - Summer Strength		6:30am - Summer Strength		6:30am - Summer Strength	

*The financial support of the **Prairie Booster Club** makes the Prairie Performance program possible year-round. Support the Prairie Hawks by joining the booster club. Contact Activities Director Rocky Bennett for more information (848-5340).*

***Performance Therapies** is the professional athletic and strength-training provider of the Prairie Hawks. Contact the Performance team for all of your health and wellness needs (665-2548).*