

# ***PRAIRIE PERFORMANCE***

## ***SUMMER SESSION***

### ***2015***

### **ALL ATHLETES-ALL SPORTS-ALL IN**

Visit ***www.prairieperformance.org*** to **register** for agility training.  
(no registration or fee required for strength training)

**WHO:** All 2015-2016 7<sup>th</sup>-12<sup>th</sup> 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 the cost to attend is \$135. If a financial hardship exists please communicate to your respective coach for further information.  
*\*Strength training is free & all 9<sup>th</sup>-12<sup>th</sup> athletes are REQUIRED to attend.*

**WHEN:** Agility-Mon., Wed., & Fri. Begins Monday, June 8<sup>th</sup>. Ends Friday, July 3<sup>rd</sup>.  
Strength- Mon., Wed., & Fri. Begins Monday, June 8<sup>th</sup>. Ends when school starts.

	<b><i>Strength Training</i></b>	<b><i>Agilities Training</i></b>
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		

**WHERE:** Agility activities will take place at the Point stadium.

Strength activities will take place in the HS weight room.

#### **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

#### **PERFORMANCE MEASUREMENTS:**

- Athletes will test in the 10/40, pro agility, broad jump, vertical, & obstacle course

*Prairie Performance Summer 2015 Calendar*  
*\*See detailed schedule for specific session times.*

Prairie Performance							Jun 2015 (Central Time)	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
31 4pm - Spring Strength	1	2	3	4	5	6		
7 6:30am - Summer Strength 7am - Summer Agility	8	9	10 6:30am - Summer Strength 7am - Summer Agility	11	12 6:30am - Summer Strength 7am - Summer Agility	13		
14 6:30am - Summer Strength 7am - Summer Agility	15	16	17 6:30am - Summer Strength 7am - Summer Agility	18	19 6:30am - Summer Strength 7am - Summer Agility	20		
21 6:30am - Summer Strength 7am - Summer Agility	22	23	24 6:30am - Summer Strength 7am - Summer Agility	25	26 6:30am - Summer Strength 7am - Summer Agility	27		
28 6:30am - Summer Strength 7am - Summer Agility	29	30	1 6:30am - Summer Strength 7am - Summer Agility	2	3 6:30am - Summer Strength 7am - Summer Agility	4		

Prairie Performance							Jul 2015 (Central Time)	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
28 6:30am - Summer Strength 7am - Summer Agility	29	30	1 6:30am - Summer Strength 7am - Summer Agility	2	3 6:30am - Summer Strength 7am - Summer Agility	4		
5 6:30am - Summer Strength	6	7	8 6:30am - Summer Strength	9	10 6:30am - Summer Strength	11		
12 6:30am - Summer Strength	13	14	15 6:30am - Summer Strength	16	17 6:30am - Summer Strength	18		
19 6:30am - Summer Strength	20	21	22 6:30am - Summer Strength	23	24 6:30am - Summer Strength	25		
26 6:30am - Summer Strength	27	28	29 6:30am - Summer Strength	30	31 6:30am - Summer Strength	1		

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 for the Prairie Hawks. Contact the Performance team for all of your health and wellness needs (665-2548).