

Summer 2019 Prairie Performance Agility Training

Work to Win



Registration is now open for the summer agility training program!

[Click Here!](#) or visit www.prairieperformance.org

What is Prairie Performance summer agility training?

[Watch this video \(click here\)!](#)

Details:

This eleven-session program trains all 7th-12th (19-20 academic year) athletes to improve performance and prevent injuries. It is offered as a collaborative effort between Prairie Athletics and Performance Therapies, the professional partner of the Prairie Hawks for athletic and strength training. This summer session is a fee-based program. However, any child that is in need of financial assistance should speak with their coach regarding scholarship opportunities to assist with the cost. More details are available by clicking on the registration link above. All training will take place on John Wall Field. In the event of inclement weather all activities will be moved to the Prairie Creek Gym.

Schedule:

Monday, Wednesday, and Thursday
Beginning Monday, June 10th
Ending Wednesday, July 3rd

Group	Agility
7-8 Boys/Girls	6:45-8:00 AM
9-12 Girls	8:00-9:15
9 Boys/Baseball	9:15-10:30
10 Boys/Wrestling	9:15-10:30
11-12 Boys	9:15-10:30