

# Sleepy Eye Indians Speed, Strength and Agility Training Summer 2022

Tuesdays-Wednesdays-Thursdays

Starting May 24<sup>th</sup> through June 30<sup>th</sup>.

**Day 1 we would like everyone to come at 7:00 so we can establish groups and future times. Likely 7-9th grade and 10-12th grade**

Group 1 Weight-room time 7:00am – 7:45am

Agility training 7:45am – 8:15am

Group 2 Agility training 7:15am- 7:45am

Weight-room time 7:45am- 8:30am

This is **Free** for all athletes who are part of a Sleepy Eye Public Athletic Team.

Open for Grades 7-12

**Bring a water bottle!**

**Highly recommended for all our athletes!**

Where: We meet on the School Track for the workout, High School Gym if it is raining. Use the North Door entrance for the weight room.

The workouts are focused on increasing foot speed, power, balance and flexibility to improve athletic performance in any sport.

