



**Assisted by- Quickness Utilization Explosion Speed Training**

Who: Current and Future Hawks Going Into Grades 5<sup>th</sup> – 12<sup>th</sup>

What: Age Appropriate Strength and Conditioning

Where: Xavier High School (gym, fitness facility, & track)

When: Monday – Thursday

June 11<sup>th</sup> to July 19<sup>th</sup>

Boys- High School: 6:30am – 8:00am

Girls- All Grades: 8:00am – 9:30am

Boys- Middle School: 9:30am – 11:00am

Co-ed- All Grades: 3:00pm – 4:30pm

July 23<sup>rd</sup> to August 16<sup>th</sup>

Co-ed- All Grades: 8:30am – 10:00

School Year

Co-ed- All Grades: 3:00pm – 4:30pm

Why: Decrease Injuries, Increase Performance, Develop Character etc.

Cost: \$100 High School Full Year Membership  
\$50 Middle School Full Year Membership  
(Full year covers June, 2018 – May, 2019)

*Please make checks payable to: Xavier Catholic Schools*

**Please mail to: S&C, XHS, 1600 W. Prospect Ave. Appleton, WI 54914**

Name: \_\_\_\_\_ Grade for 18/19: \_\_\_\_\_

Gender: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ E-mail: \_\_\_\_\_

Any Questions or Concerns Call or E-mail:  
Dave Adamovich 920-209-3388 / 3ddavid@sbcglobal.net