



Who: Current and Future Hawks Going Into Grades 6<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 5<sup>th</sup> to July 20<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 24<sup>th</sup> to August 17<sup>th</sup>

Co-ed- All Grades: 8:30am – 10:00

Why: Honor God & Receive Positive Natural Consequences

Cost: \$90 (prior to June 2<sup>nd</sup> / \$100 thereafter)

*Please make checks payable to:*

*Xavier Catholic Schools*

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

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Name: \_\_\_\_\_ Grade for 17/18: \_\_\_\_\_

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

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