

WILDCAT ATHLETE COURSE

STRENGTH AND CONDITIONING

The need for year round secondary athletic training and conditioning is more evident as the demands of the student/athlete increase. To maintain the development and competitiveness of the student athletes at Lake Highlands, it is critical for us to offer summer strength and conditioning programs to keep pace with our competitors. These programs will provide the follow:

Program Continuity	Acclimation to Summer Heat
Promote team building	Smother Transition for 9 th Graders
Stronger Student/Coach Relationships	Increased Skill Level
Safety through Strength Development	Better Agility
Strong Work Ethics	Strong Self-esteem

Location: Lake Highlands High School Weight Room

Eligibility: All incoming 9th-12th grade students who live in the RISD attendance areas

Registration: Register through Coach Smith (Lake Highlands HS Athletic Coordinator) with form by May 24th

Dates: June 15th – July 23rd

Tuition: \$120.00 for the 6-week session or \$20.00 a week

Each week consists of 4 days of training M-TH.

Athletes choose one session per day

Early Bird Session 6:00 a.m. - 8:00 a.m.

Session I Early Morning 8:00 a.m. - 10:00 a.m.

REDUCED TUITION (\$10.00/per week) may be applied for if student/athlete qualifies for free & reduced lunch program.

Enrollment: Enrollment in the strength & conditioning sessions is voluntary and not mandatory for participation in RISD athletics. Payments must be made prior to the start of the session and paid in full for the number of weeks enrolled. All checks/money orders need to be made payable to Richardson ISD Athletic Department.

Guidelines: All UIL guidelines will be followed.

ATTIRE: Regular sport attire such as shorts, t-shirt, socks, tennis shoes

Instructors: Members of the Lake Highlands High School Coaching Staff