



Vicksburg Strength & Conditioning

2010 Summer Speed & Agility Program

The Vicksburg High School Strength & Conditioning Department will be offering a 6 week speed and agility program during the months of June & July.

There is **NO COST** as the program is being sponsored by the Vicksburg Athletic Boosters. This also means there is no need to register. All you need to do is just show up at the designated times with a great attitude and a readiness to work.

Specific dates and times are as follows:

Weeks #1,2,4,5, & 6: June 14 - 17, June 21 - 24, July 12 - 16, and July 19 - 22, and July 26 - 29.

Monday/Wednesday

Varsity Football: 9:45 - 10:30 AM

Junior Varsity & Freshmen Football: 11:00 - 11:45 AM

Tuesday/Thursday

Girl's Sports: 9 - 10 AM

Boy's Sports (Non-Football): 10 - 11 AM

Week #3: June 28 - July 1

Monday/Wednesday

Varsity Football: 9:45 - 10:30 AM

Junior Varsity & Freshmen Football: 11:00 - 11:45 AM

Tuesday/Thursday

Girl's Sports: **4 - 5 PM**

Boy's Sports (Non-Football): **5 - 6 PM**

Any questions can be directed to Coach Phelps in the weight room, by phone at 321-1176, or by email at kphelps@vicksburg.k12.mi.us