

Next Level Sport Training is offering summer strength & conditioning program.

- This program offers sport-specific performance based training.
 - Open to all KHS athletes.
- Athletes will have a pre-test taken as a baseline to outline strengths & weaknesses.
 - The test will mimic the Combine.
- Athletes learn how to properly strength/power train and develop agility/speed.

Cost is \$ 60 dollars per athlete

•Includes:

- Customized training program
 - Baseline testing and results packet. Baseline testing- Week of May 18th-22nd
 - Camp pack_(T-shirt and H2O bottle)
 - Nutrition handout
- Combine Post Test: Most Improved Awards for each sport group
- Winners receive \$25 Dick's Sport Good's gift card.

Program Details

- Athletes will utilize the weight room and be monitored at all times for safety.
- Athletes will use the track and practice field for speed training/conditioning.

Program Schedule

- 6 weeks- June 15th to June 26th/week of July 4th off/July 6th to July 31st. Program will carry over into training camp and season.
- Meet 3x week- M/W/F
- Groups based grade level and sport.
- Strength Training (Weight Room):
 - Open time: 6:30 AM – 7:30 AM
 - Senior High Sports 7:30 AM – 8:30 AM
 - Junior High Sports 8:30 AM- 9:30AM
- Speed Training (Track/Practice Field):
 - Junior High Sports 7:30 AM- 8:30 AM
 - Senior High Sports 8:30- 9:30 AM

Registration

- Deadline for registering is May 18th and money turned into boosters. If you have questions about program contact your coach or Jeremiah Lukers.

Get the Edge: Next Level Sport Training