

# Summer Conditioning & Weightlifting Program



**Who should attend?** All Bath high school and middle school athletes grades 7-12 for 2016-2017 school year

**When will it be?** Tuesday June 14 to August 5<sup>th</sup>. The program will be several days a week with both morning and evening times available. Check the school website under the “athletics” tab for the strength and conditioning calendar.

**What do we do?** Group conditioning, core work and stretching is the first hour. Weight room time is made available the second hour. Conditioning includes circuits and speed & agility workouts. Weight lifting programs are designed to be age and sport appropriate.

**How will it help?** Summer programs are a valuable part of staying competitive.

Summer is a great time to step away from sport skills and work on overall health and conditioning. Proper conditioning over the summer is also important to injury prevention.

**Why should you attend?** It will benefit you, your team and continue to improve Bath High School Athletics. While Bath Community Schools has had its share of success in several sports, we still lag behind in several programs. Other schools that are competitive in multiple sports have very successful summer programs in place with emphasis on speed, agility and strength.

