



CHS Summer Training Program

Sport specific training for all students & athletes entering grades 7-12

Instructors:

Conte, Dedrick, Hammond, Hosley, Jones, Leggett, Obermayer, Sankey & Shattuck

Dates:

July: 10, 11, 12, 17, 18, 19, 24, 25, 26, 31

August: 1 & 2

Meeting Times:

6:30-8:00am & 6:00-7:30pm each day

Overview & Purpose

The Columbia athletic staff is running an organized summer fitness program for all students & athletes entering grades 7-12 prior to the start of pre-season in August.

Activity

Each session will be 90 minutes in duration and broken into three parts: Lifting, Agility & Mobilization.

Sign-Up Information

Please [register](#) on the CHS athletic web page to guarantee your spot. If you have any further question please call the athletic office at 518-207-2080 or email

jonesry@egcsd.org.