



HERITAGE HS FOOTBALL SUMMER S&C '19

9 WEEK TRAINING FOR INCOMING 9TH – 12TH ATHLETES



Speed Training



ACL, Ankle, & Shoulder Prehab



Strength & Plyometrics



Movement Preparation

Location

Heritage HS Weight Room

Cost

\$175 / Athlete
(Payment Plan Option)

Dates

June 3rd – August 1st

Times

Mon. – Thur.
7:00am – 9:00am

REGISTER AT ATLETSports.com/camps

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Email info@atletsports.com for any questions