



HERITAGE HS MEN'S (NON-FOOTBALL) SUMMER TRAINING

9 WEEK TRAINING FOR INCOMING 9TH – 12TH ATHLETES



Speed Training



ACL, Ankle, & Shoulder Prehab



Strength & Plyometrics



Movement Preparation

Location

Heritage HS Weight Room

Cost

\$150 / Athlete

Dates

June 1st – July 28th
(Off July 4 & 5)

Times

Mon. – Thur.
11:00AM – 1:00PM

REGISTER AT [ATLETSPORTS.COM/CAMPS](https://atletsports.com/camps)

“HERITAGE HS ATHLETICS TRAINING”

Email info@atletsports.com for any questions