

JARRELL COUGAR SUMMER WORKOUTS

OPEN TO ALL FEMALE & MALE ATHLETES -
INCOMING 9TH-12TH GRADERS

SPECIFICS

High School(9th -12th)

Mon.- Thursday- 8am to 10am

(weights/plyos/agilities/conditioning)

11am to 12pm- Sport Specific Skills

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All workouts will take place at Jarrell HS.

Dates

- June 3rd-6th
- June 10th- 13th
- June 17th - 20th
- June 24th - 27th
- July 1st- 4th- Off
- July 8th - 11th
- July 15th - 19th

FREE TO ALL JARRELL ATHLETES!

QUESTIONS? CONTACT

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