

Summer Strength and Conditioning

Overview: This is a 6 week program designed to develop Hyde Park athletes in the areas of speed, strength, flexibility and conditioning. The program will not only give our athletes an edge for success, but it will make them more durable athletes.

The weight component will focus on both muscle specific lifts and explosive power lifts. The safety of the athletes will be the number one consideration. Younger, less experienced athletes will do very light weight in order to focus on proper technique.

Who can participate: All HP students entering grades 7-12. Athletes will be divided into groups according to age and sports participation. All middle school students (entering grades 7-8) will be in their own group. The high school athletes will be divided into football and non-football because of the higher concentration on power lifting in the football workouts.

Location: The Quarries

Dates: June 8-11

June 15-18

June 22-25

July 6-9

July 13-16

July 20-23

Time: 9:00-11:00 a.m.

Cost: \$125.00 for the summer

Program Coordinator: Bryan Crews

bcrews@hpbs.org

(214) 493-6295

How to Register: Send the following information along with a check for \$125.00 made out to HPBS.

1. Student name and grade
2. Emergency contact name
3. Emergency contact number
4. Any medications and/or medical concerns you need us to know.

Address:

Hyde Park Baptist Schools
Attn. Bryan Crews
3901 Speedway
Austin, TX 78751