

Summer 2021 Prairie Performance Agility Training

You Have to Work for It!

Register Now!

Begins Wednesday, June 9th

[Click Here!](#) or visit

www.prairieperformance.org

What is Prairie Performance summer agility training? [Watch the video \(click here\)!](#)



Details:

This eleven session program trains all 7th-12th (21-22 academic year) athletes to improve athletic performance and prevent injuries. It is offered as a collaborative effort between Prairie Athletics and Performance, the professional partner of the Prairie Hawks for [athletic training](#) and [strength training](#). This summer session is a fee-based program. However, any child that is in need of financial assistance should speak with their coach regarding scholarship opportunities to assist with the cost.

More details are available by clicking on the registration link above. All training will take place at Prairie Point Stadium. In the case of severe inclement weather, sessions will be held in the indoor gyms. If this call is made, an email will be sent to all registered camp participants using the email provided during registration.

Schedule:

Monday, Wednesday, and Thursday. Begins Wednesday June 9, 2021,. Ends July 1, 2021.

Location: Agility at Prairie Point Stadium

Strength at Prairie High School Weight Room

Summer 2021 Schedule		
Group	Agility	Strength
7-8 Boys/Girls	6:45-8:00	NA
9-12 Girls	8:00-9:15	9:15-10:15
9-12 Boys (not football)	9:15-10:30	8:30-9:15
10 Boys Football	9:15-10:30	7:30-8:25
11-12 Boys Football	9:15- 9:45	6:30-7:25
Baseball	9:15- 9:45	8:30-9:15
Wrestling	9:15-10:30	8:30-9:15
Softball	NA	10:15-11:30
Dance - Tuesday only	NA	6:30-7:00