



Mankato West Football Strength, Speed, and Conditioning Training

This program welcomes participants going into Grades 7-12 and is aimed at improving overall physical strength and anaerobic fitness. Participants will spend half of their time outside working on linear and lateral speed along with conditioning. The other half of the time will be spent in the weight room. Emphasis will be on perfection of techniques in lifting, running, agility, and plyometrics. The program focuses on creating or enhancing explosiveness for athletes in all sports and at all levels. This program welcomes athletes from any sport.

Date: Mon, Wed & Fri; June 4 - August 3

Time: 9:00-11:00am

Location: Mankato West High School Football Fields & Fitness Center

Fee: \$40

Register by calling Community Ed & Rec at 507-387-5501 or online at www.mankatocer.com