

Summer Strength & Conditioning >>>

This opportunity was made possible by the following booster clubs:

- Girls of Summer
- Cornfield Classic
- Tully Soccer Club
- Tully Runners Club
- First & 10

Program Goals

1. Provide an offseason training program that is developed by a certified strength & conditioning coach that teaches fundamentals, proper form & measures progress throughout the summer.
2. Injury prevention, improved mobility & full-body development among athletes.
3. Improve self-confidence with training & provide another opportunity to create camaraderie amongst teams & athletes.

Schedule-July 11-August 19

- Monday, Wednesday , Friday

Session I

9-10:15

Session II

10:15-11:30

Pre Registration is required - Scan QR Code Below



TRAINING & PROGRAMMING PROVIDED BY:

PHILL WHILTSHIRE NSCA, CSC

Head Strength & Conditioning Coach at SUNY Cortland

