

WINDERMERE PREP SUMMER TRAINING SCHEDULE
 (Students who do not play a sport are still welcome to join our summer workouts)

Football 10-12th grade <i>Monday/ Tuesday/Thursday 9-1045am</i> Speed/ Agility/ Strength <i>Wednesday 9-1030 am</i> Speed/Agility/ Mobility/ PreHab	Boy's Soccer <i>Monday/ Wednesday 2pm- 3pm</i> Strength/ Agility/ Speed/ Core
All Rising 9th Graders (Male & Female) <i>Monday/ Wednesday 8-945 am</i> Strength/ Agility/ Speed/ Core	Girl's Soccer <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core
FASST All Rising 6th-8th Graders (Male & Female) <i>Tuesday/ Thursday 8-9 am</i> Strength/ Agility/ Speed/ Core	Girl's Basketball/ Volleyball <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core
Boy's Basketball <i>Monday/ Tuesday/ Thursday 1045am -12 pm</i> Strength/ Agility/ Speed/ Core	Boy's Track/ Cross Country <i>Monday/ Wednesday 2pm- 3pm</i> Strength/ Agility/ Speed/ Core
Baseball <i>Monday/ Wednesday 2pm- 3pm</i> Strength/ Agility/ Speed/ Core	Girl's Track/ Cross Country <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core
Softball <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core	
Boy's Lacrosse <i>Monday/ Wednesday 2pm- 3pm</i> Strength/ Agility/ Speed/ Core	
Girl's Lacrosse <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core	
Boy's Golf/ Swim/ Tennis <i>Monday/ Wednesday 2pm- 3pm</i> Strength/ Agility/ Speed/ Core	
Girl's Golf/ Swim/ Tennis <i>Monday/ Wednesday 1pm- 2pm</i> Strength/ Agility/ Speed/ Core	

Questions Contact: Coach Micah Kurtz
 KurtzMicah@Gmail.com