

Altoona High School Summer Strength and Conditioning Schedule

Hosted by Kyle Rothbauer and 13th Strong

SUMMER CONDITIONING IS FREE FOR ALL ALTOONA HIGH SCHOOL AND MIDDLE SCHOOL ATHLETES AND WILL TAKE PLACE IN THE ALTOONA WEIGHT ROOM. ALL PARTICIPANTS MUST HAVE AN UPDATED PHYSICAL ON FILE WITH OUR ACTIVITIES DEPARTMENT AND MUST BE REGISTERED PRIOR TO PARTICIPATION. ATHLETES SHOULD PLAN TO BRING A WATER BOTTLE, TOWEL, WEAR PROPER ATTIRE AND FOOTWEAR.

JUNE

Mon, June 12

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Wed, June 14

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Fri, June 16

Mon, June 19

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Wed, June 21

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Fri, June 23

Mon, June 26

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Wed, June 28

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Fri, June 30

JULY

Mon, July 3 **NO CONDITIONING**

Wed, July 5

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Fri, July 7

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Mon, July 10

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Wed, July 12

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Fri, July 14

Mon, July 17

6:30-7:30 AM
7:30-8:30 AM
4:45-5:45 PM

Wed, July 19

BOYS 13th Strong Conditioning
GIRLS 13th Strong Conditioning
MS 13th Strong Conditioning

Fri, July 21

Earliest Day for Practice (Fall):

August 1 - Football

August 7 - Girls Golf

August 8 - Girls Tennis

August 14 - CC, Boys Soccer, Volleyball