



Scurry-Rosser Athletics



## **2024 Summer Strength and Conditioning**

- \* All incoming 7<sup>th</sup> – 12<sup>th</sup> Scurry-Rosser ISD Student Athletes
- \* Student must wear athletic clothing
- \* Athletes may only attend one strength and conditioning session a day

### Dates for Strength and Conditioning

June 3<sup>rd</sup> – June 6<sup>th</sup>  
June 10<sup>th</sup> – June 13<sup>th</sup>  
June 17<sup>th</sup> – June 20<sup>th</sup>  
June 24<sup>th</sup> – June 27<sup>th</sup>

\*\*\* No Workouts the week of July 1<sup>st</sup> – July 4<sup>th</sup>

July 8<sup>th</sup> – July 11<sup>th</sup>  
July 15<sup>th</sup> – July 18<sup>th</sup>  
July 22<sup>nd</sup> – July 25<sup>th</sup>  
July 29<sup>th</sup> – August 1<sup>st</sup>

Time: Boys' Morning Session  
7:00 – 8:30 AM

Girls' Session  
8:00 – 9:30 AM

Evening Session  
5:30 – 6:30 PM

### Sport Specific Instruction (SSI)

- Student Athletes may have up to 90 Minutes of SSI a day not to exceed 60 Minutes per day in a given sport.
- Will be Coordinated through Coaches

Monday & Tuesday: Football/Volleyball  
Wednesday: XC/Track/Baseball/Softball  
Thursday: Basketball

**“Ride for the Brand”**