

2024 Jr. High Strength & Conditioning

June 3-July 18
5:30-6:45 pm

SEP High School Gym, Fitness Center and Multipurpose Area

Athletes entering 7th and 8th grade this fall

Sessions will be *Monday thru Thursday*
5:30 - 6:45 pm at the high school.

(We will not meet July 4.)

The sessions are **FREE** and are designed
exclusively for junior high athletes.

We will focus on improving our athletes'
skills in the areas of strength, speed,
flexibility, coordination, and endurance.
Junior high strength and conditioning will
prepare young athletes with the skills,
concepts and basic knowledge they need
to excel in our high school strength and
conditioning program.



Attendance is not mandatory; however, it
is highly recommended that athletes
attend at least three sessions per week.

There is a direct correlation between
athletes who have strong attendance
during the summer strength and
conditioning sessions and athletes who
excel on the field in their particular sport.



Camper's Name	Grade in Fall	Age	School
Address	City, State, Zip		
Home Phone	Emergency Phone		
E-mail			

Click [Here](#) to Register online at RamMall,
or mail the completed form to:
Activities Office, Southeast Polk High School
7945 NE University Ave.
Pleasant Hill, IA 50327

Contact

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