

Pioneer Summer Strength and Conditioning Program

Sponsored By



Orthopedic and Sports Physical Therapy, LLC

- **WHAT:** This **8 week** strength and conditioning program will help OCHS students build an overall foundation of athleticism. It is designed to:
 - Increase strength
 - Increase endurance
 - Increase agility and quickness
 - Decrease risk of injury
 - GET YOU IN IMPRESSIVE SHAPE FOR YOUR SPORT!!!
- **WHO:** **All OCHS athletes**, including incoming freshmen.
- **WHEN:** **June 20th through August 19th, Monday thru Friday.** Girls 8AM- 10AM and guys 10AM- 12PM.
(There will be a break the first week of August with no workout sessions, per OSAA regulations)
- **How:** A **nominal fee of \$100**, includes free T-Shirt. **Pick up a registration form** in the athletic office or athletic training room; or request via email.
- **Where:** OCHS practice track, fields, weight room

Any questions please contact Melissa Martin, ATC:

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