

# HIGH SCHOOL STRENGTH AND CONDITIONING

## STARTS

May 10<sup>th</sup> - June 18<sup>th</sup>  
8am – 11:30am

## WHERE

UAF-Nanook Recreation

SRC 1910 Tanana loop, Fairbanks Ak 99775

FEATURING · **Strength Training** · Agility Training · Conditioning · **Speed Training** · Sport Specific

All workouts supervised by a certified strength and conditioning specialist with 17yrs of collegiate strength and conditioning experience.

<https://uaf.edu/recreation/youth-programs.php#strength>

OPEN TO AGES 15YRS TO 18YRS

PICK THE TRAINING YOU NEED

Speed and agility workouts = \$80 per week

Strength training group  
4 day per week = \$80 per week

Strength training group  
3 day per week = \$60 per week

## PROGRESS

Programs will be tailored to the athletes ability and progressively increase over the summer.

Contact  
cmccomb@alaska.edu