



DATES:

JUNE 3RD-6TH

JUNE 10TH-13TH

JUNE 17TH-20TH

JUNE 24TH-27TH

****OFF WEEK OF JULY 4TH**

JULY 8TH-11TH

JULY 15TH-18TH



JAGUAR ATHLETES COURSE

SUMMER JAC 2024 | FLOWER MOUND HIGH SCHOOL

J.A.C. is a 7-week strength and conditioning program designed to develop a strong foundation for all sports at all levels. Our program emphasizes speed, strength, stamina and flexibility to safely prepare youth athletes to take their skills to the next level.

JAC athletes will receive age-appropriate training in the following areas:

- **Strength training focusing on functional movement and technique**
 - **Flexibility and mobility training to help prevent injury**
- **Agility training to improve explosiveness and change of direction**
 - **Straight-line speed training to improve quickness**
 - **Endurance training to increase overall conditioning levels**

SESSION I: JV/Varsity FB
7:30-9:45 am

SESSION II: Freshman FB
8:15-10:30 am

SESSION III:
7th/8th Grade Boys 9-10:30 am

SESSION IV:
7th/8th Grade Girls 9-10:30 am

SESSION V: HS All Sports
Boys/Girls 7:30-9 am

SIGN UP ONLINE AT [TINYURL.COM/SUMMERJACSIGNUP](https://tinyurl.com/summerjacssignup)

OR SCAN THE QR CODE



**ALL ATHLETES MUST HAVE A CURRENT PHYSICAL IN RANK ONE*

