



crusader summer weights

JUN 10 - AUG 1

For Students Entering 7th-12th

HIGH SCHOOL

9th-12th graders only

Mondays - Thursdays

6:00-7:00am

Boys in Football

7:00-8:00am

Girls in Sports

8:00-9:00am

Boys not in Football

Girls non-sports

Exceptions:

No Workouts July 4 - 7

Complete Google Form by May 30

[CLICK to REGISTER](#) 

JUNIOR HIGH

7th-8th graders only

Mondays - Wednesdays

9:00-10:00am

Boys & Girls

Exceptions:

No Workouts July 4 - 7

Complete Google Form by May 30

Protein Shakes

For \$40 each, students can purchase the protein shake package that provides a shake for each day of summer lifting. Pay Mr Fair via Venmo @willie-fair (last four digits=4908)