



# crusader summer weights

**JUN 2 - JUL 31**

*For Students Entering 7th-12th*

## HIGH SCHOOL

*9th-12th graders only*

Mondays - Thursdays

5:45-7:00am

HS Boys in Football

6:45-8:00am

HS Girl Athletes

7:45-9:00am

9th-12th Non-Athlete Girls

9th-12th Non-FB Boys

*Exceptions:*

*No Workouts July 2 - 6*

***Complete Google Form by May 21***

**[CLICK to REGISTER](#)** 

## JUNIOR HIGH

*7th-8th graders only*

Mondays - Wednesdays

9:00-9:50am

Boys & Girls

*Exceptions:*

*No Workouts July 2 - 6*

***Complete Google Form by May 21***

## Protein Shakes

### Upfront Package

\$40 /student

Receive 1 protein shake each day of summer. Must be paid in cash by May 21 to Mr Fair.

### Daily Purchase

\$1/shake

Purchased daily and must be paid in cash to Mr Fair each day a shake is wanted.