

**TITAN FOOTBALL  
SUMMER STRENGTH AND  
SPEED**



**Begins June 1st 7am-9am- enter door 54**

**Returning players and incoming freshmen**

**Mon/Tues- Weights/Speed Work**

**Wed-Practice**

**Thurs- Weights/ Conditioning**

**Bring athletic shoes, cleats, and water**

**Contact Coach Wells-jwells3@usd259.net**