

2022 LADY TORO ACE STRENGTH & CONDITIONING PROGRAM



All sessions 3:00-5:00 PM

Location: Practice Gym

Week 1: June 6 – 9 (Monday – Thursday)

Week 2: June 13 – July 16 (Monday - Thursday)

Week 3: June 20 – June 23 (Monday - Thursday)

Week 4: June 27- June 30 (Monday – Thursday)

Week 5: July 11 – July 14 (Monday – Thursday)

Week 6: July 18 – July 21 (Monday – Thursday)

Week 7: July 25 – July 28 (Monday – Thursday)

Black shorts, red t-shirt, athletic shoes, water bottle, and hair tie required. No Jewelry.

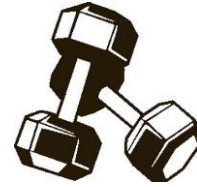
Student must have a current physical on file and online athletic paperwork completed.

Contact Coach Gonzalez for additional information: ggonzalez2@saisd.net

2022 TAFOLLA ACE PROGRAM



BOYS



<-----Register Here

(Select Strength and Conditioning- Tafolla)

Week1: June 6 - 10 (Monday - Friday) 9:00 AM - 11:00 AM

Week 2: June 13 - 17 (Monday - Friday) 9:00 AM - 11:00 AM

Week 3: June 20 - 24 (Monday- Friday) 9:00 AM - 11:00 AM

Week 4: June 27 - July 1 (Monday - Friday) 9:00 AM - 11:00 AM

Week 5: July 11 - 15 (Monday - Friday) 9:00 AM - 11:00 AM

Week 6: July 18 - 22 (Monday - Friday) 9:00 AM - 11:00 AM

Week 7: July 25 - 29 (Monday - Friday) 9:00 AM - 11:00 AM

Week 8: August 1 - 5 (Monday - Friday) 9:00 -11:00 AM

Week 9: August 8 - 12 (M 9:00- 11:00 AM) (T-F 4:30 PM)

- Location: Tafolla Weight Room/Field
- Cost: Free
- Incoming 7th and 8th Grade Athletes

Contact Coach Benavides for additional information: ibenavides@saisd.net