

TRAVERSE CITY CENTRAL TROJANS

SUMMER WEIGHTS & CONDITIONING PROGRAM

Current members of the following teams that have committed to the program, as well as those interested in participating on any of these teams in 2017-2018, are strongly encouraged to attend! They are:

TEAMS:

Girls Basketball
Girls Cross Country
Hockey
Alpine Ski
Nordic Ski
Boys Soccer
Girls Track & Field
Volleyball



SCHEDULE:

9:00 AM - 10:00 AM

June 12, 14, 15, 19, 21, 22, 26, 28, 29

July 10, 12*, 13*, 17, 19, 20, 24, 26, 27

***Tentative** pending the availability of coverage on these dates.

1ST DAY, REPORT READY TO WORK OUT TO:

Weightroom

QUESTIONS? CONTACT:

Mr. Doug Gle: gledo@tcaps.net or 631.3731