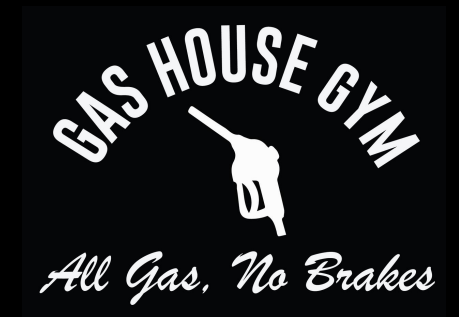


ALL IN

Speed, Strength, and Agility Summer Program



MOVING TO 3A:

- **Next year Shadle Athletics shifts from the 2A GSL to the 3A GSL**
- **Previous League Opponents:**
 - Pullman, Clarkston, West Valley, East Valley, Rogers
- **New League Opponents:**
 - North Central, Central Valley, Cheney, Ridgeline, University, Mt. Spokane



GAS HOUSE GYM



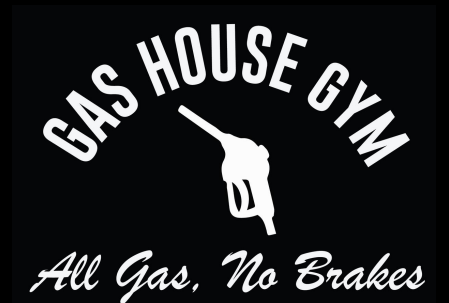
All Gas, No Brakes



EXTRA MILE INSTITUTE

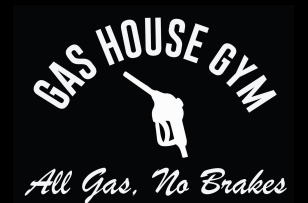
SUMMER SPEED, STRENGTH, AND AGILITY:

- **Who:** ALL athletes
- **Dates:** June 24, 2024 – August 15, 2024
- **Days:** Monday – Thursday weekly (*no conditioning on 7/4*)
- **Girls Session:** 7:30am – 8:30am
- **Boys Session:** 8:30am – 10:00am



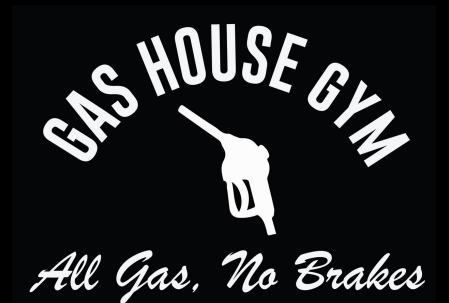
SAMPLE PROGRAMMING:

Week	Day	Main Lift	Sets/Reps	Accessory Lifts	Finisher	Field Theme
1	1	Squat	4x5	<ul style="list-style-type: none"> Vertical Upper Push Single Leg Push Plank 	Team Core	Linear Speed (40-yard dash)
1	2	Bench	4x5	<ul style="list-style-type: none"> Horizontal Upper Pull IYTH Holds Hip Mobility 	Volume Sprints	Lateral Speed (Lateral Movement Series)
1	3	Split Squat	4x8e	<ul style="list-style-type: none"> Fast Feet Dynamic Lower Dynamic Upper 	Team Stretch	COD (3 Second Agility)
1	4	Hang Clean	5x3	<ul style="list-style-type: none"> Horizontal Upper Push Lower Pull Anti-Lateral Flexion 	Hill Sprints	Plyometrics (Catch Position + NCM Jumps)



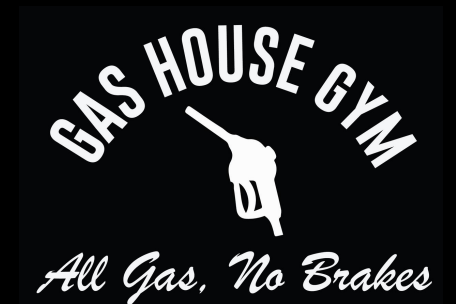
OPEN GYM/SPORT SPECIFIC WORKOUTS:

- Coaches will have skill development/practices scheduled around these workouts.
 - (Ex. Football will be practicing from 7:30am – 8:30am prior to working out.)



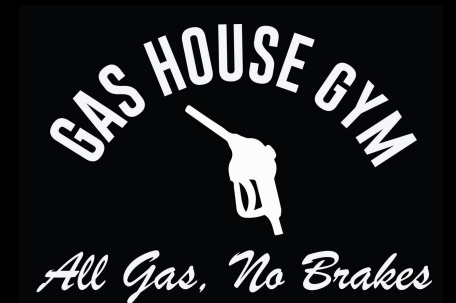
COST OF PROGRAM:

- **Full Pay: \$120**
- **HB 1660 Eligible: No Cost**
- **Reduced fees** are available for students who need assistance but are not HB 1660 eligible (*see Mr. Tilleman for details*)

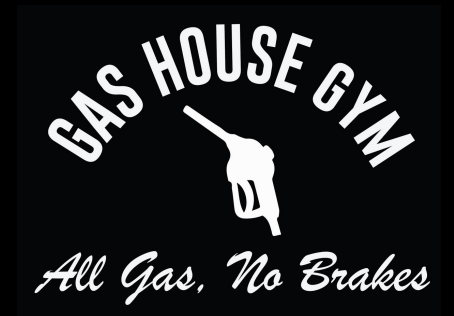


YOUR JOB:

- **Sign Up:** Register through Final Forms, pay through the Business Office
- **Show Up:** Expectation is 80% (or better) attendance throughout the summer
- **Compete & Get Better**



ARE YOU ALL IN?





**Scan or click the QR
code to register for
camp.**

***FINAL
FORMS***