



Hitchcock County Schools

FALCON PRIDE!!

Home of the Falcons

Parents and/or Guardians,

Hitchcock County High School is pleased to announce a weight lifting and conditioning program for the summer of 2023. This is a great opportunity to help your sons and daughters improve their athletic abilities through modern strength training. We will also work on quickness, change of direction, speed, and explosiveness through plyometric and speed drills. This program is designed to also help the athletes reduce chance of injury. We all know there are no guarantees with injuries, but this will definitely help. We want to help build better athletes, and by doing this we can build better Falcon teams. We need to have total Falcon Pride.

This program is for all 7th – 12th grade students (2023-2024 placements). Workouts will be held in the Hitchcock County High School weight room. Please see the schedule below for dates and times. It is very important to be on time.

Weights and Conditioning (2023)

Starting Date:

(Tuesday May 30th)

(Monday's – Friday's)

Ending Date:

Thursday August 10th

TIMES: HS Boys:

7:00 – 8:00 A.M.

HS Girls, JH Boys/Girls

8:00 - 9:00 A.M.

***It is very important to show up on time: If you are late, you will have to go in the next session.**

(If you are an incoming 9th grade boy and it is more convenient, you can come in at the 8:00 am session.)

#There will be adjustments due to camps and etc. We will notify the athletes of this as we get camps scheduled.

Coach Randall Rath
Strength and Conditioning Coach
785-672-0386