

Summer Strength & Conditioning Program at John Jay

We are excited to announce we will be holding a 6 week strength and conditioning program run by JP Signore, our strength & conditioning coach. This program includes current 8th graders who will be attending JJHS in the Fall of 2019. The focus of the program is to learn proper technique and positioning for speed, power and strength development as well as injury prevention exercise. JP's approach in the program is to progressively assist all athletes to reach their potential training at their pace and understand how to learn proper execution of foot work for speed, jumping for power and weightlifting for strength. JP has worked closely with physical therapists for over 15 years and has experience working with youth and high school athletes with injury prevention exercises and flexibility training. **There is no cost for the program.**

- **Download and Sign up on the Sports You App:** Look for **Summer Strength and Conditioning 2019**
- **Code** for sign up is **9QVCS2UW**
- **Program Runs:** Monday, July 1st through Friday, August 16th. Monday's through Friday's. There will be no sessions July 4th & 5th.
- **Two sessions per day to choose from:**
 - Session 1: 4pm-5:15pm
 - Session 2: 5:45pm-7pm

Questions please contact JP at jignore@klschools.org