



Whittier Hawks Athletics



Summer Strength and Conditioning

For More Information:

Boys Coordinator: Matthew Urrabazo

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Girls Coordinator: Kim Lerma

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WHO?

- Incoming 7th & 8th graders
- We encourage all athletes to participate

Whittier Athletics is dedicated to building a strong program and it starts in the off-season.

WHEN?

DATES:

June 10 – July 26

Monday - Thursday

(Closed July 1-5)

9:00 am – 12:00 pm

Where?

Gym/Football Field/Weight Room

Drop Off Area – Outside of Gym/Bus Lane

Food?

Lunch will be provided

- Student MUST HAVE PHYSICAL on file to participate
- Students must bring their own Water Bottle and Towel
- Students must come dressed to workout
- No CROCS or SLIDES are allowed to workout
- No parents and media are permitted in the facilities or on the fields during workout

Male

Female

Student Name

Grade (24-25)

Date of Birth

Address

Parent Name

Parent #

Emergency #

WHITTIER

Once a Hawk, always a Hawk

HAWKS