

SUMMER 2017



Strength - Speed - Agility

TRAINING

Sponsored by: Stevens Booster Club



Where: Raider Weight Room and Gym

When: Monday - Wednesday - Friday

Time: 7:00 - 9:00am and 3:00 - 4:30pm

Dates: June 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28

July 10, 12, 14, 17, 19, 21, 24, 26, 28

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