

Wellman-Union Wildcats & Lady Wildcats

2024 Summer Sports Strength & Conditioning Workouts
Incoming Grades 7 - 12

Monday-Thursday of each week from 9:00 AM – 12:00 noon

Week 1 – Tuesday, May 28 - May 30 — Coaches

Week 2 - June 3- June 6 — Coaches

Week 3 - June 10- June 13 — Coaches

Week 4 - June 17- June 20 — Coaches

Week 5 - June 24- June 27 — Coaches

Week 6 - July 1 - July 4 — (Holiday) Workout on your Own

Week 7 - July 8 - July 11 — Coaches

Week 8 - July 15 - July 18 — Coaches

Week 9 - July 22 - July 25 — Coaches

Week 10 - July 29 – Aug. 1 — Coaches

Monday, August 1 ~ High School Fall Sport Practices Begin

A Bus will depart from McDonald's at 8:30AM for those needing a ride and return after workouts. Monday-Thursday beginning 5/28/2024