

WHAT IS THE JAG IRON SUMMER STRENGTH/CONDITIONING PROGRAM?

USD 232 is committed to taking all steps necessary to help maintain the safety of students and staff in light of the COVID-19 pandemic. As such, we are following the Governor's plan to reopen Kansas, along with guidance from Johnson County health officials, as well as cooperating with all Johnson County public school districts and KSHSAA.

Our current plan is to offer our Strength and Conditioning beginning June 1 through online programming. We cannot allow for in-person workouts under the current plans to reopen Kansas. We will offer virtual workouts that student-athletes can complete at home that will include video demonstrations from our Strength Coaches. We will operate our strength and conditioning program under this virtual format until school districts are allowed to safely resume face-to-face workouts.

The Jaguar Iron Summer Program is a weight and speed development program sponsored by the Athletic Staff. This program is designed to increase your speed, strength, agility and flexibility. It has a proven track record that involves weight training, form running, agility, plyometrics, aerobics and flexibility training. Your athlete can and should expect improvement in each of these areas and in overall conditioning.

WHEN IS THE PROGRAM?

The Jag Iron program starts with virtual sessions Monday, June 1 and continues virtually until it is safe to begin in-person sessions. Virtual sessions will be provided through the Rack Performance app available on any personal device. See online registration for more information.

**VIRTUAL SESSIONS: BEGINNING JUNE 1
IN-PERSON SESSIONS: TBD**

WHAT IS THE COST?

**\$75.00 –MAKE PAYMENT VIA VENMO @Jag-IronRegistration
PAYMENT DUE BY MAY 27

WHAT NOW?

REGISTER ONLINE AT THE LINKS PROVIDED FOR EACH SESSION THEN MAKE PAYMENT VIA VENMO:

FOR QUESTIONS contact Coach Hudgins @ ahudgins@usd232.org

JAG IRON SUMMER 2020



**VIRTUAL SESSIONS: BEGINNING JUNE 1
IN-PERSON SESSIONS: TBD**

GROUP 1 – 10th-12th Grade Football Athletes

GROUP 2 – 9th Grade Male Athletes

GROUP 3 – 10TH-12TH Grade Male Athletes

GROUP 4 – 7th-8th Grade Male Athletes

GROUP 5 –10th-12th Grade Female Athletes

GROUP 6 – 7th-9th Grade Female Athletes

SIGN-UP INFORMATION

REGISTER ONLINE HERE:

GROUPS 1, 3, 5 – https://bit.ly/jagiron_10-12registration

GROUPS 2, 4, 6 – https://bit.ly/jagiron_7-9registration