



FOX TECH HIGH SCHOOL
STRENGTH AND
CONDITIONING

YOUR OFF-SEASON BEGINS TODAY

- Weight Training
- Conditioning
- Agility
- Skills

Monday-Thursday

Starting June 5th:

June 5-8, 12-15, 19-22, 26-29. 8:30-11:30am

Open to 7th-12th grade athletes attending Fox Tech, CAST Tech, or ALA.

You **MUST** have an updated physical and complete the SAISD participation forms (Rank One)

JOIN THE HERD!



Fox Tech Main Gym

Contact: Coach Martinez or

Coach Aguirre

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