Wilmington Public Schools

Wildcat Prep For Success
Summer Strength and Conditioning Program

About:
A large part of an athlete's success during the season is a direct result of off-season training. Whether athletes participate in individual or team sports, off-season can help to improve athletic performance. This clinic will focus on three areas: strength, conditioning, and agility.

Details:
Dates: July 6th-August 13th (Please note the start date change)
Grades: Incoming 8th grade - 12th grade
Days: Monday/Wednesday/Friday (Except the first week will be Tuesday, Wednesday, Friday)
Focus: Strength Training and Conditioning, Footwork, Agility
Time: 7AM-830AM
Location: Wilmington High School
Cost: $50/week or $250 for all 6 weeks

COVID Protocols:
1. All students must bring their own water bottle. Water bottles cannot be shared and should be labeled. Please bring extra water bottles.
2. Bring a personal gym bag. Everything inside the gym bag must be disinfected after every practice and before the return of every session again. Be sure to spray the inside and the outside of the bag as well.
3. Reusable facial coverings/masks. Please put extra in your personal gym bag.
4. Personal bottle of hand sanitizer.
5. Maintain social distancing.

For additional clinic information and registration forms please visit the Wilmington High School Athletic Department Website.