



Parkston Summer Strength & Conditioning Program

The Parkston School District is excited to announce that our summer strength and conditioning program will begin on Monday, June 2nd, 2025. This year's program will be coordinated by Avera Strength and Conditioning professional James Dougherty and our Varsity head coaches. Summer Performance Training is for the student-athlete who is committed to improving their speed, power, agility, and stamina. Strength and conditioning will be the primary focus of the summer. Each session will also incorporate strength and/or core training, sport-specific activities, and flexibility/mobility components for a program that fulfills each aspect of Sports Performance Training.

Start Date: Monday, June 2nd, 2025

Location: Trojan Fitness Center (Parkston High School)

Days of the Week: **Boys 9-12**– Monday, Tuesday, Thursday, & Friday (Coach Grave)
Girls 9-12– Monday, Wednesday, & Friday (Coach Dougherty)
Boys and Girls 6th-8th– Monday, Wednesday, Friday (Coach Dougherty)

Groups: **One**– Boys grades 9-12 (6:30-8:00)
Two– Girls grades 9-12 (8:00-9:00)
Three– Girls grades 6-8 (9:00-9:45)
Four– Boys grades 6-8 (9:45-10:30)

Cost: \$25/athlete grades 6-12
-cost includes t-shirt
-Checks can be made out to the Parkston School District

[CLICK HERE TO REGISTER](#)



TROJAN POWER
Please Register ONLINE on School Website

****Summer Moratorium June 30th-July 4th– NO WORKOUTS****