



**June 13 - July 29th**  
**Monday - Friday**

# Summer 2022

## Strength & Conditioning

### Session 1

**Female  
Grades**

**10-12**

**8:00-9:30**

### Session 2

**Co-Ed  
Grades**

**11-12**

**9:30-11:00**

### Session 3

**Co-Ed  
Grades**

**9-10**

**11:00-12:30**

### Session 4

**Co-Ed  
Grades**

**7-8**

**12:30-1:15**

**Registration Opens May 4th  
through Skyward Family Access.**

If you have any questions, please email Coach Rosa [evan.rosa@nicolet.us](mailto:evan.rosa@nicolet.us)  
Also, stay up to date by checking the Armory Canvas page.