



# Whittier Hawks Athletics



Summer Strength and Conditioning

For More Information:

Boys Coordinator: Matthew Urrabazo

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Girls Coordinator: Kim Lerma

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### WHO?

- Incoming 7<sup>th</sup> & 8<sup>th</sup> graders
- We encourage all athletes to participate

Whittier Athletics is dedicated to building a strong program and it starts in the off-season.

### WHEN?

DATES:

June 12 – July 28

Monday - Thursday

(Closed July 4-8)

9:00 am – 12:00 pm

### Where?

Gym/Football Field/Weight Room

Drop Off Area – Outside of Gym/Bus Lane

### Food?

**\*Lunch will be provided\***

- Student MUST HAVE PHYSICAL on file to participate
- Students must bring their own water bottle
- Students must come dressed to workout
- No CROCS or SLIDES are allowed to workout
- No parents and media are permitted in the facilities or on the fields during workout

Male

Female

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Grade (23-24)

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Address

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent #

\_\_\_\_\_  
Emergency #

WHITTIER

*Once a Hawk, always a Hawk*

HAWKS