

# Raven Athletic Performance Summer Weights and Conditioning 2020



Please sign up through TOUCH BASE (<https://www.olatheschools.org/>). Our summer weight training sessions will start on Monday JUNE 1. The sessions and times are stated below to allow each individual athlete the opportunity to lift this summer. We will be working out Monday-Thursday. If you need any assistance in paying for summer school, please contact Coach Aaron Hafner at ONW High School. We look forward to working with everyone this summer.

Please let us know if you have any questions or concerns.

Email: [aghafner@olatheschools.org](mailto:aghafner@olatheschools.org)

| <i>Weight Room Sessions and Times</i>      |  |
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| <input type="checkbox"/> 6:30-8:30<br>am   | Football Players   |
| <input type="checkbox"/> 8:00-9:15<br>am   | Baseball, Wrestling, Tennis, Soccer, Track,<br>Cross Country and Bowling |
| <input type="checkbox"/> 9:00-10:15<br>am  | Girls Weight Training  |
| <input type="checkbox"/> 10:00-11:15<br>am | Basketball and Golf  |