

2023 CREEKVIEW ATHLETICS

SUMMER STRENGTH & CONDITIONING WORKOUTS AND SKILLS SESSIONS

WHEN:

May 30 – June 2

JUNE 5-8

JUNE 12-15

JUNE 19-23

June 26 -29

JULY 10-13

July 24-27

Times:

Strength & Conditioning Sessions:

Session 1: 7:00 am – 9:00 am (High School)

Session 2: 11:00 am – 1:00 pm (incoming 9th – 7th Graders)

Sport Skills Session

9:15 am – 10:00 am - **Volleyball (Gym) / Football (field)**

10:15 am – 11:00 am **(Boys-Girls) Basketball / (Boys-Girls) Soccer / Baseball-Softball**

WHERE:

Creekview High School

3201 Old Denton Rd. Carrollton Tx, 75007



GRADES LEVELS:

HIGH SCHOOLS
7TH & 8TH GRADERS

FREE

F.A.S.T

Foundation

All-In

Selfless

Toughness

SPORTS

COACHED BY

All Creekview
Coaches.

BENEFITING

All Creekview
Students Present
and Future Mustangs