



2019 Trinity Strength Training

Trinity is offering their summer strength training program. The program is run by Adam Banwarth, Trinity's dedicated Strength & Conditioning coach. This program is a great opportunity to get stronger and faster during the summer months leading up to the football season. Coach Banwarth does a great job structuring the individual sessions for an age appropriate workout.

Coach Banwarth will begin his program starting the week of June 3rd and run through the summer. The sessions are held in the evenings twice a week on Tuesdays and Thursday from 5pm to 6pm at Trinity Episcopal School in the Estes Athletic Center weight room. You do not need to pre-register. You can show up to one or come weekly.

IMPORTANT – Cherokee can only offer this program to our players in the **Juniors and Seniors Division ages 12 and 13**. You **MUST** be registered with Cherokee to participate. This is for insurance purposes. Contact Coach Davis if you are interested in joining the program.

Proper attire includes tee shirt, shorts, athletic shoes, and a water bottle.