



## **2020 Titans Football S&C Sessions**

Cherokee is offering a skills and conditioning sessions for ALL kids (regardless of Association affiliation) interested in participating. The camp will be run by Titans coaches. This is a non-contact workout that will focus on developing position skills, conditioning, and increasing speed and agility.

We will begin the weekly program starting Saturday, June 13<sup>th</sup> and run through the August 1<sup>st</sup>. The sessions begin at 9am and end at 10:30am at Trinity Episcopal School. (Drive past the school. Right at the stop sign. Practice field is on the left off the gravel drive.)

You do not need to pre-register. You can show up as you are available.

Proper attire includes tee shirt, shorts, cleats, and a water bottle. Also bring athletic shoes. If we have bad weather, we will workout in the gym.