

# Summer 2022 Prairie Performance Agility Training



**You Get What You Work For!  
Begins Monday, June 6th  
Register Now!**



**Online Registration: [Click Here!](https://www.eventbrite.com/e/prairie-speed-agility-camp-registration-324267511857)**

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What is Prairie Performance summer agility training? [Watch the video \(click here\)!](#)

**Details:** This twelve session program trains all 7th-12th (22-23 academic year) athletes to improve athletic performance and minimize injuries. It is offered as a collaborative effort between Prairie Athletics and Performance Therapies, the professional partner of the Prairie Hawks for [athletic training](#) and [strength training](#). The summer agility session is a fee-based program led by Performance Therapies staff. However, any child that is in need of financial assistance should speak with their coach regarding scholarship opportunities to assist with the cost. The summer strength session is free of charge and led by Prairie Athletic Coaches.

More details are available by clicking on the registration link above. All agility training will take place at John Wall Stadium. In the case of severe inclement weather, sessions will be held in the indoor gyms. If an adjustment for weather is made, an email will be sent to all registered camp participants using the email provided during registration.

## Summer 2022 Schedule

Group	Agility	Strength
7-8 Boys/Girls	6:45-8:00	NA
9-12 Girls	8:00-9:15	9:15-10:15
Wrestling (Boys/Girls)	9:15-10:30	7:30-8:25
9-12 Boys (not football)	9:15-10:30	8:30-9:15
9 Boys Football	9:15-9:45	8:30-9:15
10 Boys Football	9:15-9:45	7:30-8:25
11-12 Boys Football	9:15- 9:45	6:30-7:25
Baseball	9:15- 9:45	8:30-9:15
Softball	NA	10:15-11:30
Dance - Tuesday only	NA	6:30-7:00

### **Location:**

Agility: John Wall (PHS) Stadium  
Strength: Prairie H.S. Wt. Rm.

### **Schedule:**

Monday, Wednesday, and Thursday.  
Begins Mon., June 6, 2022.  
Ends Thurs., June 30, 2022.

### **Contacts:**

General questions may be directed to  
Kent Noska  
([knoska@crprairie.org](mailto:knoska@crprairie.org))

Online registration questions to  
Lauren Campbell  
([lcampbell@perfther.com](mailto:lcampbell@perfther.com))