

Slinger Strength & Agility

2025 Summer Program Registration



Coach Tony Callen, owner of *Cal Fitness*, will again be conducting our summer training sessions. He is a certified group and personal trainer, and is also a certified TRX Suspension trainer and a Take Shape for Life Wellness coach. This is a great opportunity for our student athletes to train under safe directed instruction.

Sam Hoffman, PE teacher and coach has been working in the strength and conditioning field since 2012. Sam is certified by the NSCA as a Strength and Conditioning Specialist and is a Registered Strength and Conditioning Coach. He has recently worked with the Milwaukee Brewers and San Diego Padres as a Strength and Conditioning Coach in the minor leagues.

Aaron Mindel, a licensed healthcare professional, athletic trainer, with a wealth of experience working with youth, high school, collegiate, and professional athletes in both the sports performance and injury prevention world. With Aaron's expertise in injury prevention strengthening, you can trust that you will be in good hands as you train to become a better athlete.

This 6-week program includes: ***speed and reaction time training, core strengthening and power building, and injury prevention***

Dates: Mondays through Thursdays, June 16th – July 24th

Location: SHS Track, Turf Field, and Fitness Center

Cost: \$125

Sessions available.....

-Session 1 HS students(6:30 – 8:00 AM) -Session 2 HS students(8:00 – 9:30 AM) - Session 3 MS 9:30-10:30 (7th & 8th grade)

All participants are required to sign the Fitness Center Code of Conduct and Waiver Form, and complete the Physical Activity Readiness Questionnaire before they may participate.

Registration is through [Skyward Family Access](#). Navigate to Custom Forms and look for:
"2025 Slinger Strength & Agility Summer Program Registration"

Deadline to register is Friday, May 30th (or until sessions are full)

No refunds for missed sessions. Students will pick up where they left off before their absence.

Questions: Please reach out to Brian Heimark, our Athletic Director, at (262)644-5261 ext. 1406