

Slinger Strength & Agility



Meet Our Professional Coaching Staff

- **Tony Callen** | *Owner of Cal Fitness*
 - Certified group and personal trainer, certified TRX Suspension trainer, and Take Shape for Life Wellness coach.
- **Sam Hoffman** | *PE Teacher and Strength & Conditioning Specialist*
 - Certified by the NSCA and a Registered Strength and Conditioning Coach with experience coaching for the Milwaukee Brewers and San Diego Padres.
- **Aaron Mindel** | *Licensed Healthcare Professional & Athletic Trainer*
 - Expertise in injury prevention and performance training for youth, collegiate, and professional athletes.
- **McKinley Adams** | *Powerlifting Coach and Track & Field Coach*
 - Expertise in performance training and athlete development

Program Overview

This comprehensive **6-week program** is designed to develop well-rounded athletes through:

Speed & Reaction Time Training
Power Building

Core Strengthening
Injury Prevention

Logistics & Schedule

- **Dates:** June 15th - July 23rd (Mondays through Thursdays)
- **Location:** SHS Track, Turf Field, and Fitness Center
- **Cost:** \$125

Session 1 - High School Students Only - 6:30AM to 8:00AM

Session 2 - High School Students Only - 8:00AM to 9:30AM

Session 3 - Middle School (7th & 8th Grade) - 9:30AM to 10:30AM

How To Register

- Log into [Skyward Family Access](#)
- Navigate to Custom Forms and select “2026 Slinger Strength & Agility Summer Program Registration”

Deadline for signups: Friday, May 1, 2026 (or until sessions are full).

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

Questions? Reach out to Brian Heimark, Athletic Director, at (262)644-5261 ext. 1406