

NORTHBROOK RAIDERS

2021 Summer information

Important Dates

- Monday June 7th - First day of Strength and Conditioning 7:30-9:30 Returning athletes (10th-12th Grades), 11:00-1:00 Beginners (7th-9th Grades).

ALL SESSIONS WILL BE HELD AT NORTHBROOK MIDDLE SCHOOL and you must have a physical and all RankOne paperwork complete to participate

NORTHBROOK HIGH SCHOOL

10th-12th Graders: 7:30-9:30 AM
7th-9th Graders: 11:00 AM-1:00 PM

#RIDE

Cost is \$125
 Payment Plans and Scholarships are available
 Register by scanning this code

Raiders of ALL SPORTS are encouraged to participate!

Please direct all questions to
Andres.Gomez@springbranchisd.com or
Karre.Wallace@springbranchisd.com

STRENGTH AND CONDITIONING

Mon	Tue	Wed	Thu	Fri
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SAC & SSI

SSI Only

No Workout

- We will also have Sports Specific Instruction for returning and beginning athletes at Northbrook Middle School starting June 7th. These are the tentative times:
 - Football 9:30-10:30 am
 - Boys Basketball 9:45-10:45 am
 - Girls Soccer 9:30-10:30 am
 - Volleyball 6:00-7:00 pm (information at <http://bit.ly/NHSVB21>)
- For more information, sign up for the SportsYou Northbrook Summer Workout group here and use the code EKAK-ZM52

