



**JOINING
FORCES**
BYRON PUBLIC SCHOOL • ETS PERFORMANCE

Byron Public Schools in partnership with ETS Performance will offer our summer strength and agility programs. It will be designed and instructed by ETS Strength and Conditioning coaches for students entering 7th-12th grade during the 2021-2022 school year.

We will follow updated CDC guidelines and athletes will be podded accordingly with staggered times. Attempts will be made to keep siblings together but cannot be guaranteed based upon pod sizes and signup availability.

The program will be held **Monday, Tuesday, and Thursday** at the Byron High School the following weeks during the summer:

Week #1)	June 7-10	Week #5)	July 12-15
Week #2)	June 14-17	Week #6)	July 19-22
Week #3)	June 21-24	Week #7)	July 26-29
Week #4)	June 28-July 1	Week #8)	Aug. 2-5
Off Week)	July 5-8	Testing)	Aug. 9-12

Program Times and Grade Level Information:

Time	21-22 Grade
6:45 a.m. - 8:15 a.m.	11th & 12th Boys
7:30 a.m. - 9 a.m	9th & 10th Boys
8:15 a.m. - 9:45 a.m.	11th & 12th Girls
9:00 a.m. - 10:30 a.m.	9th & 10th Girls
9:45 a.m. - 11:00 a.m.	7th & 8th Boys
10:30 a.m. - 11:30 a.m.	7th & 8th Girls

Price: \$150

Registration: Opens Friday, May 14, 2021 in SchoolPay

What should students bring: Masks, Water Bottle, Indoor/Outdoor Shoes