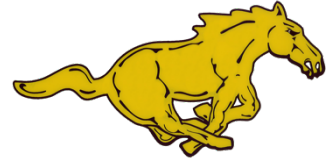




2023
McAllen Memorial High School
Summer Physical Fitness Program
One Pride!



Information:

The UIL approved modified summer training sessions, including Strength & Conditioning plus Sports Specific Instruction. UIL, McAllen ISD, and Memorial HS have strict modifications in place, with very detailed and protective restrictions for our athletes, coaches and trainers. We will provide regulations that everyone will have to adhere to.

Dates:

Summer Strength & Conditioning will begin June 5th.

Week 1 – June 5-8 / Week 2 – June 12-15 / Week 3 – June 19-22 / Week 4 – June 26-29

Week 5 – July 3,5-6 / Week 6 – July 10-13 / Week 7 – July 17-20 / Week 8 – July 24-27

Period of No Activity – Dead Days

Week 5 – Tuesday, July 4th

Who May Attend:

Beginning June 5th, any entering 7th-12th athlete attending Memorial HS, Brown MS or Cathey MS for 2023-24 is encouraged to attend.

Daily Schedule:

Mustang Boys	7th – 12th Boys (All Sports)
Mustang Girls	7th – 12th Girls (All Sports)
9:00 – 10:00	Weights – Girls
9:00 – 10:00	Agility/Skill – Boys
10:00 – 11:00	Weights – Boys
10:00 – 11:00	Agility/Skill – Girls

Cost:

Free

More Information:

Physicals – Anyone with a 2023-24 physical will be covered. Everyone will need to update their paperwork, including medical history on Rank One before they will be allowed to participate. Forms are updated each year on the Rank One MISD Athletic webpage: <https://mcallenisd.rankonesport.com/>

Summer Physical Fitness Registration Form – [Please see your coach for a form](#)

Miscellaneous – **EACH ATHLETE WILL NEED TO BRING HIS/HER OWN WATER!** Athletes will not have access to any part of the building, other than the designated workout areas. All athletes will have appropriate dress attire.