

Bovina High School Athletics Summer Strength & Conditioning Program

Dear Parents and Student-Athletes of **Incoming 7th – 12th grade athletes**

As we look ahead to the 2026-27 athletic season, the coaching staff at Bovina High School is excited to announce our Summer Strength and Conditioning program. Our goal is to build a foundation of strength, agility, and discipline that will translate to success across all sports campaigns this coming year.

Schedule & Important Dates

Workouts will run **Monday through Thursday** each week, providing a consistent routine for our athletes to develop their skills and physical conditioning.

- **Start Date:** Tuesday, May 26th
- **Holiday Closure:** The weight room will be **closed** the week of July 4th to allow families time to rest and celebrate the holiday.

Workout Sessions

To accommodate various summer schedules, we are offering two distinct windows for training:

- **Coached Sessions (Recommended): 5:00 PM – 7:00 PM** These sessions are fully supervised by the coaching staff and provide the highest level of instruction and motivation.
- **Open Weight Room: 8:00 AM – 10:00 AM** This morning window is available for athletes who have work or personal commitments that prevent them from attending the evening coached session.
- **The track will be open during these time slots as well**
- **Free Camp**
 - July 27th – 29th Summer Football Skills Camp Open to Incoming 3rd-9th grades 9:00 AM – 10:00 AM (kids need to bring cleats, water bottle, and wear comfortable clothing like shorts / t shirt)

Expectations & Accountability

Each High School athlete will be provided with a **customized lifting program** tailored to their specific needs and sport-specific goals. To help us track progress and maintain safety, **every athlete is required to sign in** upon arrival for every session.

Attendance Philosophy

While attendance during the summer is **not mandatory**, it is highly encouraged. Our coaching staff believes that consistency is the key to a championship culture. Attending **at least two days a week** will go a long way toward ensuring our teams are prepared for the rigors of the 2026-27 season.

We are committed to the growth of our student-athletes both on and off the field. Thank you for your continued support of Bovina Athletics. We look forward to seeing everyone in the weight room starting May 26th!

Sincerely,

The Bovina High School Coaching Staff

Go Mustangs!