



Wolverine Strength and Conditioning



With the 2011 Track and Field season getting closer, our focus is shifting toward getting stronger and training to be more explosive. With this in mind, Westview Track and Field will offer seven weeks of strength and conditioning geared towards just that. The program will run Monday, Wednesday and Thursday, starting January 3rd 2011 and ending February 17th 2011. The core focus of the workouts will be centered on developing our athlete's power and explosiveness as well as their conditioning and flexibility. All workouts will be conducted by Westview's Head Coach, Jamal Felton. Participation in these workouts are based on registration and intended only for returning or prospective Track and Field athletes. Involvement in this program is in no way a prerequisite to earning a roster spot during the season. The total cost of the camp is \$100. Please make checks payable to Westview's Track and Field Fund. The registration deadline is Tuesday, Nov. 30th.

