

2025 WINTER WARRIOR STRENGTH AND CONDITIONING PROGRAM

We are excited to once again offer a winter strength and conditioning program for all middle school athletes!

The program design and organization will be coordinated by Coach Neal.

Coach Neal is a strength teacher at ZE he also is the head boys Track and Cross Country coach for ZE. Coach Neal is a nationally recognized strength coach and has been a huge part of developing athletes at ZE with his strength program.

Sessions will run.....

Jan 21 and 24
Jan 28 and 31
Feb 4 and 7
Feb 14
Feb 18 and 21
Feb 25

3:00-4:00 pm

Athletes will ride the bus over from Cityside to East HS and meet in front of the weight room. Athletes will change clothes at the high school.

COST :\$60



The program will be a combination of introductory / intermediate strength training conducted in the Johnny DeWitt weight-training center.

This program will be designed to improve athletic performance for the multi-sport athlete and is open to boys and girls currently in grades 6-7-8. **Space is limited to the first 60 athletes that sign-up.**

The winter warrior program will be 10 workouts in the months of January - February.

Cash or check payment can be paid in person to the main office at Cityside or to Coach Neal at the HS. Please make checks out to "Zeeland East Athletics"

NAME: _____

GRADE: _____

EMAIL: _____

Emergency PN: _____