



# LEWISVILLE FIGHTING FARMER STRENGTH & CONDITIONING SCHEDULE



PAY ONLINE HERE

## JUNE SUMMER 2025 JULY

MON	TUES	WED	TR
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26

**COST \$100**

**7 week Strength and Conditioning Program**

Boy Athletes entering 7th-12th  
Girl Athletes entering 7th-8th

\*\*\*Price includes sports specific training for most sports during specific times throughout the summer

**REGISTER & PAYMENT**



MON	TUES	WED	TR
14	15	16	17
21	22	23	24
28	29	30	31

[WWW.LEWISVILLEFOOTBALL.COM](http://WWW.LEWISVILLEFOOTBALL.COM)

ATHLETIC COORDINATOR: MICHAEL ODLE  
ASSISTANT AC: CARA SUMPTER  
S&C COORDINATOR: GABE MCLAUGHLIN

https:\*\* grades are for 2025-26 school year  
Session 1 : 9<sup>th</sup>-12<sup>th</sup> Boys 7:00-9:00 am  
Session 2 : 7<sup>th</sup>-8<sup>th</sup> Boys & Girls 9:00-10:30 am  
ANY 9-12 Girls (Any Sport) contact Coach Sumpter  
[sumptercm@lisd.net](mailto:sumptercm@lisd.net) for workouts

**RED: JUNE 19TH | JUNETEENTH & JULY 21 & 22 | THSCA (OFF DAYS)**