

SUMMER 2025 STRENGTH / SPEED



»» **Aquinas High School**
JUNE 2ND - AUGUST 1ST

MONDAY / TUESDAY / WEDNESDAY / THURSDAY

HS = 9TH-12TH
MS = 6TH-8TH

HS BOYS: 6:00 - 7:15AM (80)

HS/MS GIRLS: 7:00 - 8:15AM (80)

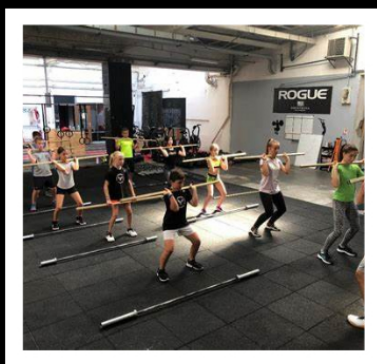
MS BOYS: 8:00 - 9:15AM (80)



Registration / Sign Up will be required to before sessions start on June 2nd (QR Code). There is no cost. For safety concerns, there will only be allowed 80 students per session. Once all sessions are filled, Coach Hodges will create another time slot if necessary. Each session is about 75 mins long, could end early.

****YOUTH TRAINING**
2ND-7TH GRADE
CONTACT COACH
TOM LEE

****SMALL FEE**



All updates will be on our instagram page: @aquinas.strength
Got questions? Email: eddie@threeriversperform.com

Summer 2025

Speed & Strength Schedule

ALL SESSIONS WILL BE AT AQUINAS HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	RECOVERY No Training
High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	
Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	
	Youth Weight Training & Athletic Development with Coach Lee (entering grades 2-7*) 8:00-9:30 am NOTE: This session has a fee & requires registration registration link here		Youth Weight Training & Athletic Development with Coach Lee (entering grades 2-7*) 8:00-9:30 am NOTE: This session has a fee & requires registration registration link here	

***6th & *7th Grade-** We are piloting Middle School sessions this summer. Incoming 6th & 7th grade students have the option to join the 4-days per week sessions run by Coach Eddie & the Three Rivers Performance staff, or they can join the younger athletes on Tuesdays & Thursdays in the weight room.