



DATE: April 13, 2026
TITLE: Summer ETS Programming
TYPE: Information
PRESENTER: Activities Director Katie Carter

BACKGROUND: The summer months provide a critical window for student-athletes to develop physically, mentally, and socially outside the demands of the school year. During the academic year, time constraints, competition schedules, and academic responsibilities often limit an athlete’s ability to focus on long-term development. A structured summer program fills that gap with intentional, consistent training.

RATIONALE: Our Summer ETS Strength & Agility Program is designed to support students in grades 7–12 by providing access to safe, supervised, and progressive training opportunities. The program emphasizes foundational strength, speed, agility, mobility, and injury prevention—key components that benefit all athletes, regardless of sport or experience level. Why it matters: 1) Builds a strong athletic foundation, 2) Reduces risk of injury, 3) Promotes Equity & Access, 4) Supports Mental Health & Confidence, 5) Strengthens School Culture & Connection, 6) Maximizes a Limited Development Window