

Bandera Bulldogs Summer Strength and Conditioning Program

The Bandera coaching staff invites all Bandera ISD athletes to the Summer Strength and Conditioning Program. The SS&CP is open to male and female athletes enrolled in Bandera ISD who are incoming 7th – 12th graders. The SS&CP is presented free of charge and is supervised by the Bandera ISD coaching staff. The SS&CP is held at the Bandera High School weight room and football / practice field. The goal of the SS&CP is to prepare our athletes for future competitions by improving strength, speed and explosive quickness through a variety of methods including weight training, dynamic stretching, plyometrics, overspeed training, agility drills and conditioning drills. The younger athletes will be trained on proper lifting technique and form for the various lifts before they are included in the lifting groups. The SS&CP runs four days a week (Monday – Thursday) with two sessions per day. The early session begins at 7:30AM and lasts until 9:30AM. The evening session begins at 6:00PM and lasts until 8:00PM. You can choose the session that best fits your schedule. If you have any questions, feel free to call the Field House (830) 796-6245.

I look forward to seeing you in the weightroom,

Coach Larry Prince

