



# Summer C.A.T.S.



## Champions Athletic Training System

June 8 through July 31

The high school CATS course is for any student in the Oshkosh School District that will be entering grades 9 through 12 for the 2020-21 school year. The goal of the class is to teach safe training techniques students can utilize to become more fit, and improve their physical abilities in strength, agility and speed. The classes will be led by Oshkosh West coaches and Ascension athletic trainers.

*Work out with teammates!  
Push each other!*



*Become faster and more explosive!  
Push your limits and exceed your expectations!*

Register via Infinite Campus for Summer School. Participants can register for any session, but the 6am class is intended for those taking another summer school course, and the 8am class is intended for female participants. Again, anyone can register for any of the sessions. All sections meet separately Monday through Thursday, and all together in just one session from 8-9:30 on Fridays for the Friday Challenge.

Session 1	Session 2	Session 3	Session 4
6am-7:30am	7am-8:30am	8am-9:30am	9am-10:30am



*Get into CATS and get after it so your parents won't have to worry like this anymore!!*

*Be an 11! Be a champion!! Be a Wildcat!!*