



MAKE THE OFF-SEASON COUNT

Prairie Lakes invites you to attend the new strength and conditioning program designed to take you to the next level. Our experienced coach, Aaron Jung, will guide athletes through a 7-week program that will focus on speed, strength, and agility to optimize your sports performance and prevent injuries.

PROGRAM INFORMATION:

WHO: Grade 7 - Grade 12
(Any Level of experience)

WHEN: June 5 - July 30 | July 10 - 28
(Complete Schedule & Times TBD)

WHAT: 35 Hours of Coaching from
PLHS Strength & Conditioning staff
with pre & post testing data

WHERE: Watertown High
School Weight Room
& Turf

PROGRAM PRINCIPLES:

- Reduce or limit the likelihood of athletic related injuries.
- Improve athletic performance.
- Educate and improve nutritional understanding as it relates to athletic performance.
- Create confidence and healthy habits.

MEET COACH AARON JUNG

Aaron Jung MS, SCCC, CSCS, USAW, FMS is a 2008 graduate of Watertown High School. He went on to be a 3 year starter as defensive tackle for Augustana University and was an All-American in Division II Men's Shot Put. He graduated from Augie with a degree in Exercise Science and went onto the University of Mary to earn his Master's Degree in Kinesiology. Since 2015, he has been the head Strength and Conditioning Coach at Morningside University where he designed and implemented strength and conditioning programs for successful men's and women's programs. He is certified through the Collegiate Strength and Conditioning Association and the National Strength and Conditioning Association. He has attained the status of a Level 1 Coach through USA weightlifting and Functional Movement Systems.



PROGRAM COST: \$ 150 (Scholarships Available)

For more information visit: prairielakes.com/news