



Middle School C.A.T.S.
Champions Athletic Training System
 Mondays, Tuesdays, Thursdays
 June 15 - July 30



The middle school CATS course is for any student in the Oshkosh School District that will be entering grades 5 through 8 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. Both sessions run Monday, Tuesday and Thursday.

Session 1	Session 2
11am - 12:15pm	12:15 - 1:30pm



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!!