

F.A.S.S.T. PROGRAM

The FASST program is designed for all athletes going into grades 7-12. The professional trainers tailor the workouts to meet the sport-specific needs of both male and female athletes. The program focuses on agility, speed and strength training for the specific maturity level of the athletes involved.

DATE: JULY 6TH THROUGH AUGUST 12TH

TIME: MONDAY, WEDNESDAY, & FRIDAY
7:00 – 8:30 am

PLACE: PUTNAM VALLEY HIGH SCHOOL
WEIGHT ROOM
TURF FIELD
GYMNASIUM

EQUIPMENT: ALL ATHLETES MUST HAVE THEIR OWN
SHORTS, T-SHIRT, & SNEAKERS
BRING YOUR OWN WATER BOTTLE

FEE: \$135 PER ATHLETE. MADE PAYABLE TO:
PVCSD Ref. FASST Program

ALL ATHLETES MUST COMPLETE THE ATTACHED PVCSD
“INFORMED CONSENT FORM”
THERE ARE NO REFUNDS
RETURN CHECKS & FORMS TO **COACH MELLO’S MAILBOX**

CONTACT: MATT MELLO
PVHS
VARSITY FOOTBALL HEAD COACH
mmello@pvcasd.org