



# FALCON PERFORMANCE

**2025 REGISTRATION IS OPEN!**

**Monday-Thursday Workouts in June and July for 6th-12th Grade Athletes**

Falcon Performance is an intense eight-week program designed to develop the athleticism of our current and future Summit athletes.

We will work on all areas of athletic development focusing on proper technique in the weight room, core strength, conditioning, agility, and flexibility.

**Monday-Thursday during the weeks of  
6/2, 6/9, 6/16, 6/23, 7/7, 7/14, 7/21, 7/28**  
(No workouts during Dead Week, the week of 6/30)

**Middle School (6-8) Athletes: 8:00-9:30 AM**  
**High School (9-12) Girl Athletes: 8:00-9:45 AM**  
**High School (9-12) Boy Athletes: 10:00-11:45 AM**

**Two Ways to Pay:  
\$35/Week - OR - \$135 Total**

Families with multiple athletes pay \$135 for the first athlete, \$100 for the second athlete, and \$65 for each additional athlete

Questions?

Email Jon Bunyard at [BunyardJonathan@rsdmo.org](mailto:BunyardJonathan@rsdmo.org)



**REGISTER NOW!**  
**026FOOTBALL.COM**