



West Salem High School Conditioning and Training (CAT) 2024

Dates: June 3 - August 2, M-Th
Incoming 9th-12th grade students

Location: Fitness Center

Times: 6, 7, 8, 9, & 10 AM

Coaches from the High School Athletic Department lead students through flexibility, cardiovascular and strength training. The class is designed to meet students at their level and increase wellness and fitness. Each 90-minute session will include strength training, and cardiovascular and agility training, along with a focus on flexibility. This course is not for physical education credit. No busing is available for the CAT program. **Register online using this [registration link](#).**

Each participant must also have a health form completed [at this link](#).

Session Options

- 6 AM - Grades 10-12 preferred; co-ed
- 7 AM - Grades 10-12 preferred; co-ed
- 8 AM - Girls only in grades 9-12; however, girls may sign up for a co-ed time slot
- 9 AM - Grades 10-12 preferred; co-ed
- 10 AM - Incoming 9th graders or those new to CAT

Questions? Contact Justin Jehn at jehn.justin@wsalem.k12.wi.us.