



# Warhawk Sports Performance

You Lift, We Train.

Success is all about overcoming obstacles and learning how to take on the challenges that life throws at you. Resistance training, mental training, and speed training help build the tools necessary to do just that. Whether you have aspirations of becoming a professional athlete or simply want to learn how to become a stronger and healthier version of yourself, Warhawk Sports Performance is a place for **ANY ARROWHEAD STUDENT** to get together with a community of like-minded individuals as we all strive to be great.

#OneTeAm #HawksOn3



When: Monday, Tuesday, Thursday, Friday from 3:00-4:30 in NC Weight Room

Cost: Free for AHS students.

*\*\*All ages and experience levels encouraged to attend!\*\**