

Speed and Strength Coach Clowney & Armstrong

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Starts June 5th
Meet in half gym
Mondays-Wednesday
Boys 8:10-9:40 AM
Girls 9:45-11:15 AM

What to expect and what age groups can participate?

Mondays/Wednesday (Speed and Strength Training Days) All rising 7th-12th graders can participate.

Tuesdays (Speed/Agility/Quickness Training Days) All Rising 5th-12th graders can participate.

Cross Country Summer Practice

Coach Anisia Tellesfen aptellefsen@gmail.com

MONDAY – WEDNESDAY – FRIDAY

CONDITION RUNNING –

JUNE 19 - 30

8:00 AM – 9:30 AM

Grades 5-12 –Any Oakbrook Sport Athlete & XC Runners. Must have an updated physical on PlanetHS to participate!

MONDAY – WEDNESDAY – FRIDAY

XC SUMMER RUNNING* –

JULY 10 – AUG 10*

8:00 AM – 9:30 AM

*** Only runners interested in participating in XC should attend.**

Closed July 24-26

Grades 5-12 – Only XC runners. Must have an updated physical on PlanetHS to participate!

Contact Coach Anisia if your student will be participating.

MS Football Contact Chris Raymond for schechris.raymond@oakbrookprep.org

Varsity Football Contact Scottie Armstrong

See Attachment for practice and workout information

Varsity Basketball Grades 8th-12 PM

Coach Clowney
See Attachment for Summer Schedule

Middle School Volleyball Contact Lakya Platts lakyaplatts8@gmail.com

Varsity Volleyball summer schedule
Contact Allison Roesler
Allison.Roelser@oakbrookprep.org

Swim practice (Starting Late July)
Contact Jessi Sullivan
jessi29720@yahoo.com

Cheer practice information
Contact Jennsyn Landford
jensyngrace15@gmail.com

Pre Participation MUSTS

All Athletes Must Have an Updated Physical On File on PlanetHS for 2023-2024 school year. The physical has expired if it has reached one year since completion. If it has not, please upload the current physical for the 2023-2024 section on planeths.com.