

T.E.S.A Summer 2024



Hours of Normal Summer Program Operations 8:30 AM 1:00 PM M-TH

Week -1

- Day 1-06/24/24** *Introductions, Spirit Packs, Paper work, Shot record confirmation*
- Day 2-06/25/24** *T.E.S.A Teach Tempo(Strength & Conditioning)Olympic Lifts *Explosive*
- Day 3 06/26/24** *T.E.S.A Workouts & Position Training *Speed training*
- Day 4 06/27/24** *T.E.S.A Meal Plans Nutrishop, Workouts, Weigh ins, Pics, Lunch*

Week-2

- Day 1-07/01/24** *T.E.S.A Check in with Assigned P.E Teacher- Complete assessment*
- Day 2-07/02/24** *T.E.S.A Strength & Conditioning Workouts- Water balloon fight*
- Day 3 07/03/24** *T.E.S.A Workouts Strength & Conditioning (Lunch)*
- Day 4 07/04/24** *Fourth Of July everyone is Off*

Week-3

- Day 1-07/08/24** *Raging Waters !! Student Discount Rate \$36.99 Per ticket. Looking for parent Volunteers for Transportation*
- Day 2-07/09/24** *Jurupa Hills (Hill Training)*
- Day 3 07/10/24** *T.E.S.A Workouts Strength & Conditioning (Lunch)*
- Day 4 07/11/24** *SPORTS RECOVERY (Cryo,Cupping,Normatec,Thergun) Appointment based Madden Tournament-Nutrition Class-*

Week-4

- Day 1-07/15/24** *T.E.S.A Workouts Fontana P.E. Class*
- Day 2-07/16/24** *T.E.S.A Workouts Fontana P.E Class*
- Day 3 07/17/24** *T.E.S.A Field Workouts Fontana Fields*
- Day 4 07/18/24** *SPORTS RECOVERY(Cryo,Cupping,Normatec,Thergun) Appointment based. Weigh ins*

Week-5

- Day 1-07/22/24** *T.E.S.A workouts Speed-Agility Fontana Fields*
- Day 2-07/23/24** *Newport Beach(pier) Leaving 8 am (non mandatory)*
- Day 3 07/24/24** *T.E.S.A Workouts & Position Training P.E Class*
- Day 4 07/25/24** *SPORTS RECOVERY (Cryo,Cupping,Normatec,Thergun) Appointment based*

Week-6

- Day 1-07/29/24** *TESA Strength & Conditioning P.E. Class*
- Day 2-07/30/24** *TESA Retreat (4 am Hike) Lake Swimming, Jet-Skis Dinner BBQ (Silverwood Lake) Food Will be provided- Raising Funds for More Jet-Skis. Looking for parent Volunteers for Transportation*
- Day 3 07/31/24** *TESA Retreat Newport Beach(pier) Leaving 8 am*
- Day 4 08/01/24** *SPORTS RECOVERY(Cryo,Cupping,Normatec,Thergun) Appointment based*

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Parent Signature _____

Athlete Signature _____ Date _____

Waiver Disclaimer: All off site activities such as Raging Waters, Jurupa Hills, Newport Beach are being Coordinated strictly through Team Elite Sports Academy. These are not Options for youth coordinated events, and they are not legally responsible if O.F.Y students do decide to attend.

Parent Signature _____ Date _____

Parents please let us know if you can help with transportation for any of our off-site Summer Activities. Your support is needed to assure we give our Student Athletes a great Summer Experience at T.E.S.A
Contact us at (909)742-0612 SUMMER SCHEDULE IS SUBJECT TO CHANGE DEPENDING ON STAFF, TRANSPORTATION, ETC