

2017 SUMMER STRENGTH AND CONDITIONING PROGRAM

Female Program

MON TUE WED THU

7:00 Dynamic Warm-up
 Weight Room
 Core-Agility-Plyometrics
 Conditioning

Male Program

MON TUE WED THU

7:15 Dynamic Warm-up
 Core-Agility-Plyometrics
 Weight Room
 Conditioning

Notes:

- Program begins **Monday, June 5.**
- The weight room will be closed on Fridays *and* July 3-6 for summer break.
- 8th grade athletes who have completed the Beginning Strength Program during their 7th grade academic school year may participate in a two-day program on Tuesdays and Thursdays beginning June 12th.
- Any changes to the weight room schedule or calendar will be posted in the weight room.
- Contact Coach Gubbels if you have any questions regarding the summer strength and conditioning program.

Mon	Tue	Wed	Thu
5 - June	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
3 Summer Break	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31 WR Testing 7 a.m.	1 – August WR Testing 7 a.m.		