

---Summer Strength/Conditioning Schedule---

<u>Day:</u>	<u>Start Time:</u>	<u>End Time:</u>
Mondays-Fridays		
<i>Session 1:</i>	6:00 AM	7:00 AM
<i>Session 2:</i>	7:00 AM	8:00 AM
<i>Session 3:</i>	8:00 AM	9:00 AM
<i>Session 4:</i>	9:00 AM	10:00 AM
<i>Session 5:</i>	10:00 AM	11:00 AM
<i>Session 6:</i>	11:00 AM	Noon

Weekly Schedule:

- Mondays --- Lower Body Lifting
- Tuesdays --- Athletic Performance/Conditioning
- Wednesdays --- Upper Body Lifting
- Thursdays --- Athletic Performance/Conditioning
- Fridays --- Combination Lifting

Important Dates:

- May 30 & May 31 --- Athletic Pre-Testing (all athletes encouraged to complete)
- June 3 --- Opening Day
- July 1 – 5 --- Closed (holiday & recovery)
- August 2 --- Closing Day

Athletic Testing:

- Squat
- Bench Press
- Vertical Jump
- 40 Yard
- Pro-Agility
- Broad Jump
- Body Fat

Stronger people are harder to kill and more useful, in general. – Mark Rippetoe