**2018 Summer training schedule for Boys (all times are subject to change)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Focus** | **Grade** | **Time (AM)** |
| Mon | Cores | 12th/11th | 6:45 Warm-up/7-8 weight room |
| 10th/9th | 7:30 Warm-up/8-9 weight room |
| Tues | Aux/Agil/Acc/Speed/Cond | 12th/11th | 6:45 warm/7-7:45 weight room/7:45-8:15 AASC |
| 10th/9th | 7:30 warm/7:45-8:15 AASC/8:15-9 weight room |
| Wed | Plyos | All | 8:30-9:30 (football stadium) |
| Thurs | Cores | 12th/11th | 6:45 Warm/7-8 weight room |
| 10th/9th | 7:30 Warm/8-9 weight room |
| Fri | Aux/Agil/Acc/Speed/Cond | 12th/11th | 6:45 warm/7-7:45 weight room/7:45-8:15 AASC |
| 10th/9th | 7:30 warm/7:45-8:15 AASC/8:15-9 weight room |

**Important Dates:**

*Summer training program begins:*

* May 29th: **12th/11th/10th grade 6:45am**
  + Plan to have 10th go early at least the first week of summer lifting (maybe two weeks)
* May 29th: 9th orientation will be done during scheduled weight room times found above (7:30-9am); will continue to lift only freshmen for 1st (maybe 2nd week of summer)
  + **Will meet on the Tennis Courts before scheduled workout times**