

NORTH CENTRAL STRENGTH TRAINING & SPEED IMPROVEMENT 2019 SUMMER SCHEDULE

Monday

Session 1 (8:00-9:00 AM) (FOOTBALL)

***Session 2 (10:00-11:30AM) (BOYS SOCCER, GIRLS SOCCER, VOLLEYBALL, OPEN TO OTHERS)**

***Session 3 (1:15-2:45 PM) (SUMMER SCHOOL STUDENTS) + FB JUNE 10TH, 12TH, 13TH, 24TH, 26TH, 27TH**

Wednesday

Session 1 (8:00-9:00 AM) (FOOTBALL)

***Session 2 (10:00-11:30AM) (BOYS SOCCER, GIRLS SOCCER, VOLLEYBALL, OPEN TO OTHERS)**

***Session 3 (1:15-2:45 PM) (SUMMER SCHOOL STUDENTS) + FB JUNE 10TH, 12TH, 13TH, 24TH, 26TH, 27TH**

Thursday

Session 1 (8:00-9:00 AM) (FOOTBALL)

***Session 2 (10:00-11:30AM) (BOYS SOCCER, GIRLS SOCCER, VOLLEYBALL, OPEN TO OTHERS)**

***Session 3 (1:15-2:45 PM) (SUMMER SCHOOL STUDENTS) + FB JUNE 10TH, 12TH, 13TH, 24TH, 26TH, 27TH**

IF YOUR TEAM IS NOT LISTED AND YOU WOULD LIKE TO ATTEND PLEASE REPLY TO ME. CLOSED: IHSAA MORATORIUM WEEK - JUNE 30 - JULY 7

***SESSION WILL HAVE A 45 MINUTE SPEED AND SKY WORKOUT**

-ANY STUDENT THAT THEIR SPORT DOES NOT HAVE A SCHEDULED TIME CAN COME TO ANY LISTED TIME

FIRST DAY- MONDAY JUNE 3RD

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**THERE WILL BE 2 DAYS OF ORIENTATION FOR NEW LIFTERS JUNE 28TH & 30TH @
5PM**

TO: ALL HEAD COACHES

FROM: WILL CLARKE

LISTED ON THE OPPOSITE SIDE IS THE CURRENT SUMMER STRENGTH & SPEED SCHEDULE. THE SCHEDULE HAS A FEW CHANGES COMPARED TO LAST YEAR. IF YOUR TEAM IS NOT LISTED AND YOU WOULD LIKE A SLOT, LET ME KNOW. WE WILL NOT ADD NEW TIMES, BUT YOU CAN BE INCLUDED IN A CURRENT SESSION. THE FIRST DAY IS MONDAY JUNE 3RD. MORATORIUM WEEK IS JUNE 30 - JULY 7. THERE WILL BE 2 DAYS OF ORIENTATION FOR NEW LIFTERS JUNE 28TH & 30TH @ 5PM. PLEASE HAVE ANY ATHLETES WHO HAVE NEVER LIFTED AT NC ATTEND THESE DAYS.

WE ASK THAT AT LEAST ONE COACH FROM YOUR STAFF BE IN ATTENDANCE FOR YOUR ENTIRE SESSION FOR MOTIVATION AND ATTENDANCE PURPOSES. IF THE COACH NEVER SHOWS UP THE ATHLETES STOP COMING.

SESSIONS WILL BE ON MONDAY, WEDNESDAY AND THURSDAY. SESSION 2 & 3 WILL INCLUDE A 45 MINUTE STRENGTH SEGMENT AND A 45 MINUTE SPEED IMPROVEMENT SEGMENT. SESSIONS 1 WILL ONLY BE A STRENGTH SEGMENT.

ANY STUDENT THAT THEIR SPORT DOES NOT HAVE A SCHEDULED TIME CAN COME TO ANY LISTED TIME. WE LOOK FORWARD TO PRODUCTIVE SUMMER. CHAMPIONS BECOME CHAMPIONS IN THE OFF- SEASON