

*“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it” Lou Holtz, Football Coach*

June 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 (6-8 am) W 6-7 M 7-8	9	10 (6-8 am) W 6-7 M 7-8	11	12 (6-8 am) W 6-7 M 7-8	13
14	15 (6-8 am) M 6-7 W 7-8	16	17 (6-8 am) M 6-7 W 7-8	18	19 (6-8 am) M 6-7 W 7-8	20
21	22 (6-8 am) W 6-7 M 7-8	23	24 (6-8 am) W 6-7 M 7-8	25	26 (6-8 am) W 6-7 M 7-8	27
28	29 (6-8 am) M 6-7 W 7-8	30				

July 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (6-8 am) M 6-7 W 7-8	2	3 (6-8 am) M 6-7 W 7-8	4
5	6 (6-8 am) W 6-7 M 7-8	7	8 (6-8 am) W 6-7 M 7-8	9	10 (6-8 am) W 6-7 M 7-8	11
12	13 (6-8 am) M 6-7 W 7-8	14	15 (6-8 am) M 6-7 W 7-8	16	17 (6-8 am) M 6-7 W 7-8	18
19	20 (6-8 am) W 6-7 M 7-8	21	22 (6-8 am) W 6-7 M 7-8	23	24 (6-8 am) W 6-7 M 7-8	25
26	27 (6-8 am) M 6-7 W 7-8	28	29 (6-8 am) M 6-7 W 7-8	30	31 (6-8 am) M 6-7 W 7-8	

August 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 (6-8 am) W 6-7 M 7-8	4	5 (6-8 am) W 6-7 M 7-8	6	7 (6-8 am) W 6-7 M 7-8	8
9	10 (6-8am) Cond./Test	11	12 (6-8) Cond./Test	13	14	15
16	17 Fall sports start	18	19	20	21	22
23 30	24 31	25	26	27	28	29

*“If you are going to be a champion, you must be willing to pay a greater price”  
Bud Wilkinson*

We will have 29 summer weightlifting dates (10 Weeks). The weight room will be open by two coaches starting Monday June 8, 2009 and will end August 12, 2009 the days will be Monday, Wednesday, Friday from 6:00-8:00 am. The men and women will alternate weight room time. When the Men are in the weight room the women will be conducting conditioning work. When the women are in the weight room the men will be conducting conditioning work.

Conditioning will consist with running, plyometric and sport specific training.

Weightlifting will consist of a workout plan designed to improve performance and endurance training.