



Weight Room

New Year to Spring Break Weight Training: 20 weeks

- **Testing 1**- 2nd week back after New Years; **Testing 2** – 2 weeks before spring break; **Testing 3** - week before Victoria Day
- 5 Growth weeks: must complete 13 days in weight room to move to next phase (two sport athletes need 8 Days)
- 5 Strength weeks: must complete 13 days in weight room to move to next phase (two sport athletes need 8 Days)
- 5 Power weeks:

QB & RB Workouts: Every Tuesday beginning Feb 14th (Sr & JV)

Lineman Sessions: Every Tuesday beginning Feb 14th (Sr & JV)

7 on 7 (QB/WR/TE/RB): Every Thursday beginning March 1st (Sr & JV)

Football 101 (for new players): April 2, May 5

QB School: Feb 29, March 14, April 4

January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. <u>Winter Vacation</u>	3.	4. <u>3:30 Weight Room</u> (all positions)	5. <u>3:30 Weight Room</u> (all positions)	6. Football Meeting 3:30 in room# 188 <u>All Players (Gr 8 through 11)</u>	7. <i>10 to 1pm QB/WR day with Gervais (selected players)</i>
8.	9. Testing <u>3:30 All Positions Lift</u> 5:30 - BCS Champ	10.	11. Testing <u>3:30 All Positions Lift</u>	12. Testing <u>3:30 All Positions Lift</u>	13. Testing <u>3:30 All Positions Lift</u> 4:30 – QB film	14.
15. 2-3:30 Footwork/ Ball skills	16. Growth Phase <u>3:30 weight room</u>	17.	18. Growth Phase <u>3:30 weight room</u>	19. Finals A & C Block Growth Phase <u>3:00 weight room</u>	20. Finals B & D Block Growth Phase <u>3:00 weight room</u>	21.
22. 2-3:30 Footwork/ Ball skills	23. Provincials Growth Phase <u>3:30 weight room</u>	24.	25. Provincials Growth Phase <u>3:30 weight room</u>	26. Provincials Growth Phase <u>3:30 weight room</u>	27. Provincials Growth Phase <u>3:30 weight room</u>	28.
29. 2-3:30 Footwork/ Ball skills	30. Start of 2nd Semester <u>3:30 weight room</u> 4:30 speed training	31.				

February 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Growth Phase <u>3:30 weight room</u>	2. Growth Phase <u>3:30 weight room</u>	3. Growth Phase <u>3:30 weight room</u>	4.
5. 1:30-3 Footwork/ Ball skills 3-7: Super Bowl Party	6. <u>3:30 weight room</u> 4:30 speed training	7.	8. Growth Phase <u>3:30 weight room</u>	9. Growth Phase <u>3:30 weight room</u>	10. Weight room closed - No School (Pro D & Coaches clinic in Seattle)	11.
12.	13. Growth Phase <u>3:30 weight room</u> 4:30 speed training	14. <i>3:30 - Linemen & RB sessions</i>	15. Growth Phase <u>3:30 weight room</u>	16. Growth Phase <u>3:30 weight room</u>	17. Growth Phase <u>3:00 weight room</u>	18.
19. 2 pm - Leadership Seminar (Gr 12) 3-4:30 Footwork/ Ball skills	20. Strength Phase <u>3:30 weight room</u> 4:30 speed training	21. <i>3:30 - Linemen & RB sessions</i>	22. Strength Phase <u>3:30 weight room</u>	23. Strength Phase <u>3:30 weight room</u>	24. Strength Phase <u>3:30 weight room</u>	25.
26. (2-3:30 Footwork/ Ball skills???)	27. Strength Phase <u>3:30 weight room</u> 4:30 speed training	28. <i>3:30 - Linemen & RB sessions</i>	29. Strength Phase <u>3:30 weight room</u> 4:30 QB school			

March 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 3:30 – 7 on 7	2. Strength Phase <u>3:30 weight room</u>	3. 2-3:30 Footwork/ Ball skills
4.	5. Wt. Testing <u>3:30 weight room</u> 4:30 speed training	6. Wt. Testing <i>3:30 - Linemen & RB sessions</i>	7. Wt. Testing <u>3:30 weight room</u>	8. Wt. Testing <u>3:30 weight room</u>	9. Wt. Testing <i>Pro D (no school)</i> 3:30 – 7 on 7	10. 2-3:30 Footwork/ Ball skills
11.	12. Strength Phase <u>3:30 weight room</u> 4:30 speed training	13. <i>3:30 - Linemen & RB sessions</i>	14. Strength Phase <u>3:30 weight room</u> 4:30 QB school	15. 3:30 - 7 on 7	16. Strength Phase <u>3:30 weight room</u>	17. <u>Spring Break Starts</u>
18.	19. Strength Phase <u>3:00 weight room</u> Speed training TBA	20. Strength Phase <u>3:00 weight room</u>	21.	22. Strength Phase <u>3:00 weight room</u> 4:00 - 7 on 7 <i>(possible)</i>	23.	24.
25.	26. <u>SCHOOL REOPENS</u> <u>3:30 weight room</u> 4:30 speed training	27. <i>3:30 - Linemen & RB sessions</i>	28. Strength Phase <u>3:30 weight room</u>	29. <u>3:30 weight room</u>	30. Strength Phase 4:30 – 7 on 7	31. <i>2 pm - Leadership Seminar (Gr 11/12)</i> 3-4:30 Footwork/ Ball skills

April 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Power Phase <u>3:30 weight room</u> 4:30 speed training 3:30 Football 101 for new players	3. <i>3:30 - Linemen & RB sessions</i>	4. Power Phase <u>3:30 weight room</u> 4:30 QB school 6- Parents meeting	5. <u>3:30 weight room</u>	6. Good Friday - No School	7.
8.	9. Easter Monday School Closed	10. <i>3:30 - Linemen & RB sessions</i>	11. Power Phase <u>3:30 weight room</u> 4:30 speed training	12. <i>3:30 - 7 on 7</i>	13. Power Phase <u>3:00 weight room</u>	14. 2 pm - Leadership Seminar (Gr 10/11) 3-4:30 Footwork/ Ball skills
15.	16. Power Phase <u>3:30 weight room</u> 4:30 speed training	17. <i>3:30 - Linemen & RB sessions</i>	18. Power Phase <u>3:30 weight room</u>	19. <i>3:30 - 7 on 7</i>	20.	21.
22. 10:30 to 1: 7 on 7 Spring League at Van College	23. Power Phase <u>3:30 weight room</u> 4:30 speed training	24. <i>3:30 - Linemen & RB sessions</i>	25. Power Phase <u>3:30 weight room</u>	26. <i>3:30 - 7 on 7</i>	27. Power Phase Pro "D" day No School <u>3:30 weight room?</u>	28. JV Spring Flag 11:30 - 2 Coquitlam
29. 10:30 to 1: 7 on 7 Spring League at WJ Mouat	30. Power Phase <u>3:30 weight room</u> 4:30 speed training JV Equipment issue (all week)					

May 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. <i>3:30 - Linemen & RB sessions</i>	2. Power Phase <u>3:30 weight room</u> 3:30 Football 101 for new players	3. <u>3:30 weight room</u>	4. Power Phase <u>3:30 weight room</u> 5 to 8:30: 7 on 7 Spring League at Mercer	5.
6. JV Spring Flag 11:30 - 2 in Richmond	7. <i>3:30 – Varsity #1</i>	8. Power Phase <u>3:30 weight room</u>	9. Power Phase <u>3:30 weight room</u>	10. <i>3:30 – Varsity #2</i>	11. Power Phase <u>1:00 weight room</u> Curriculum Day No School	12. JV Spring Flag 9am - 6pm at Mercer
13. Mother's Day	14. Wt. Testing <i>3:30 – Varsity #3</i> <u>3:30 JV Meeting</u>	15. Wt. Testing <u>3:30 Srs weight room</u> 3:35 –JV Walk through (no pads)	16. Wt. Testing <u>3:30 Srs weights</u> 3:35 –JV Practice #1	17. <i>3:30 – Varsity #4</i> <i>JV Practice #2</i>	18. Wt. Testing <u>3:30 Srs weights</u>	19.
20.	21. <u>Victoria Day</u> <u>No School</u>	22. Spring Camp <i>3:30 – Varsity #5</i> <i>Jr Varsity #3</i>	23. Spring Camp <i>3:30 – Jr Varsity #4</i> TBA - May Day	24. Spring Camp <i>3:30 – Varsity #6</i> <i>Jr Varsity #5</i>	25. Spring Camp	26. Hyack Parade – players to march & volunteer
27. JV Spring Flag 11:30 - 2 Langley	28. Spring Camp <i>3:30 – Varsity #7</i> <i>Jr Varsity #6</i>	29. Spring Camp 3:30 - Varsity (no pads) JV Practice #7	30. 3:30 - Varsity (no pads) JV Practice #8	31. <i>3:30 – Varsity #8</i> <i>JV Practice #9</i>		

June 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 3:30 - Weight room	2. JV Spring Flag 11:30-2 Chilliwack Townsend Stadium
3.	4. 3:30 – Varsity #9 JV Practice #10	5. 3:30 – Both teams (no pads) Athletics Banquet	6. 3:30 – Varsity #10 2 pm-JV Jamboree at Bby Lake	7. 3:30 – Varsity walk through (no pads) 3:30 – JV team meeting & film	8. 6:30 – Varsity spring game vs Blaine	9.
10. Father's Day	11. 3:30 - Varsity team meeting & film	12.	13.	14.	15.	16. Parents Pub Nite 7pm - Rivers Reach
17.	18. Finals A & C Block	19. Finals B & D Block Last Day of Classes	20. Provincial Exams 1:00 – Weight Room Session – handout summer weight room program	21. Provincial Exams	22. Provincial Exams 2 pm - Leave for Team Camp - WA	23. Team Camp - WA
24. Team Camp - WA	25. Team Camp - WA	26. 10 pm - Return from Team Camp	27. Math 10 – Last Provincial Exam	28. 11:30 to 1 pm – Weights Host Team Camp	29. Baseline testing Host Team Camp	30. Host Team Camp

