



Weight Room

New Year to Spring Camp Weight Training (incl spring break): 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:

Position workouts (all positions): Every Tuesday starting March 1st (Sr & JV)

Football 101 (for new players): May 4, 11

QB School: Feb 26, March 30, April 22, May (TBA)

Ball Skills: Sundays from noon to 1:30pm, starting Jan 31st

A reminder to all players in gr 9-11: Football is now curricular. All of you are being graded on your performance for the entire academic year.

Gr 11s: If you're enrolled in Strength & Conditioning, you can still attend your designated weight room day below on days that you are NOT in the weight room during S&C class.

Gr 10 Cohort students: The weight room days below are a part of your Cohort class letter grade.

March 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Wt. Testing <u>3:15 Speed/Agility</u> 4pm – 7 on 7 (O) & Linemen sessions <i>5pm - Tutoring</i>	2. Wt. Testing <u>3:15 weight room</u>	3. Wt. Testing <u>11:35 weight room</u> (multi-sport) 3:15 Tutoring (all)	4. Wt. Testing <u>11:35 weight room</u>	5.
6. 12-1:30 am Footwork/ Ball skills	7. <u>11:35 weight room</u> <u>Competition Day</u> 4-5pm (MPA) Hyack Hockey Tourney	8. <u>3:15 Speed/Agility</u> 4pm – 7 on 7 (D) & Linemen sessions <i>5pm – Tutoring</i>	9. <u>3:15 weight room</u>	10. <u>11:35 weight room</u> (multi-sport) 3:15 Tutoring (all)	11. <u>11:35 weight room</u>	12.
13. 12-1:30 am Footwork/ Ball skills	14. <u>Spring Break</u> <u>Starts</u> <u>1 pm weight room</u>	15.	16. <u>1 pm weight room</u> 2:15 – Speed school & 7 on 7, Linemen session	17.	18.	19.
20. 12-1:30 am Footwork/ Ball skills	21. <u>1 pm weight room</u>	22.	23. <u>1 pm weight room</u> 2:15 – Speed school & 7 on 7, Linemen session	24.	25. Good Friday	26.
27.	28. Easter Monday - No School	29. <u>SCHOOL</u> <u>REOPENS</u> <u>3:15 weight room</u> <i>4:45 – Tutoring</i>	30. <u>3:15 weight room</u> 11:30 am - QB mtg	31. <u>11:35 weight room</u> (multi-sport) 3:15 Tutoring (all) <u>4:45 Speed School</u>		

April 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 11:35 weight room <i>Competition Day</i>	2.
3. 12-1:30 am Footwork/ Ball skills	4. 3:15 weight room	5. 3:15 Speed/Agility <i>4pm – 7 on 7 (D) & Linemen sessions</i> <i>5pm – Tutoring</i>	6. 3:15 weight room	7. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	8. 11:35 weight room <i>4:30 – 7 on 7</i> 7 - Comedy Night	9.
10. 12-1:30 am Footwork/ Ball skills	11. 3:15 weight room	12. 3:15 Speed/Agility <i>4pm – 7 on 7 (O) & Linemen sessions</i> <i>5pm – Tutoring</i>	13. 3:15 weight room	14. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	15. 11:35 weight room <i>5 to 8pm: 7 on 7 Spring League at Town Center</i>	16.
17. JV Spring Flag	18. 3:15 weight room	19. 3:15 Speed/Agility <i>4pm – 7 on 7 (D) & Linemen sessions</i> <i>5pm – Tutoring</i>	20. 3:15 weight room	21. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	22. 11:35 weight room <i>5 to 8pm: 7 on 7 Spring League at Mercer</i>	23. JV Spring Flag
24.	25. <u>Pro-D (No school)</u>	26. 3:15 weight room <i>4:45 – Tutoring</i>	27. 3:15 weight room	28. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	29. 11:35 weight room <i>5-8pm: 7 on 7 Spring League at WJ Mouat</i>	30. JV Spring Flag

May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 3:15 weight room	3. 3:15 weight room 4:30 – 7 on 7 & <i>Linemen sessions</i> JV Equipment issue (all week)	4. 3:15 weight room 3:30 Football 101 for new players	5. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	6. 11:35 weight room 5-8pm: 7 on 7 Spring League at Van College	7. JV Spring Flag
8. Mother's Day	9. Wt. Testing 3:15 weight room	10. 3:15 weight room 4:30 – 7 on 7 & <i>Linemen sessions</i>	11. 3:15 weight room 3:30 Football 101 for new players (on field)	12. 11:35 weight room <i>3:15 – Tutoring</i> 4:45 Speed School	13. 11:35 weight room (Team Building) TBA - QB School	14. JV Spring Flag
15.	16.	17.	18.	19. Spring Camp 11:35 weight room <i>3:15 – JV & Varsity</i> <i>Meeting & Walk</i> <i>through (no pads)</i>	20. <u>Pro-D (No school)</u> TBA- weight room	21.
22.	23. Spring Camp <u>Victoria Day</u> <u>No School</u>	24. Spring Camp <i>3:30 – Varsity #1</i> <i>JV Practice #1</i>	25. Spring Camp <i>3:30 – Varsity #2</i> <i>JV Practice #2</i> TBA - May Day	26. Spring Camp 11:35 weight room <i>3:30 – Varsity #3</i> <i>JV Practice #3</i>	27. Spring Camp 11:35 weight room <i>3:30 – Varsity #4</i>	28. Hyack Parade – players to march & volunteer JV Spring Flag
29. KidSport Youth Football Camp 10 to 3pm – Queens East	30. Spring Camp <i>3:30 – Varsity #5</i> <i>3:30 - Jr Varsity #4</i>	31. Spring Camp <i>3:30 – Varsity #6</i> <i>Jr Varsity #5</i>				

June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Spring Camp 3:30 – Varsity #7 3:30 – Jr Varsity #6	2. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #8 3:30 - Jr Varsity #7	3. Spring Camp <u>11:35 weight room</u>	4.
5.	6. Spring Camp 3:30 – Varsity #9 3:30 - Jr Varsity #9	7. Spring Camp 3:30 – Varsity #10 JV Practice #9	8. Spring Camp 3:30 – Varsity walk through (no pads) JV Practice #10	9. Spring Camp <u>11:35 weight room</u> 6pm - Varsity spring game in Blaine	10. <u>11:35 weight room</u> 3:15 - Varsity team meeting & film JV Walk through (no pads)	11. 12pm - JV Jamboree at Van College
12.	13. 3:15 - Weight room 3:15 – JV team meeting & film	14. Last Day of Classes 3:15 - Weight room	15. Finals A & C Block	16. Finals B & D Block 3:15 - Weight room	17. Provincial Exams (Eng 12, Sc. 10) 1pm - 7 on 7 practice	18.
19. Father's Day	20. Provincial Exams (Eng 10 FP, Ma 10) *1 - 2:30 pm Weight room	21. Provincial Exams (Fr 12)	22. Provincial Exams (Eng 10; SS 11 & Sc. Hum. 11) *1 - 2:30 pm Weight room	23. Last Provincial Exam – (Math 10) *1 - 3 pm – Weights, Speed & Conditioning	24.	25.
26.	27. 10am to noon – Weights, Speed & Conditioning 8pm - Poster shoot	28.	29.	30.		

