



Weight Room

New Year to Spring Camp Weight Training (incl spring break): 20 weeks

- 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): Tuesdays starting March 28th (Sr & JV)

Ball Skills: Sundays from noon to 1:30pm, starting Feb 12th

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.

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

ATTENDANCE CRITERIA FOR CALIFORNIA TRIP:

If you are not in Strength & Conditioning class: **Must attend 35 sessions (gr 9-11), 15 sessions (Gr 8)**

Playing additional sports gives the equivalent of number of sessions:

Lacrosse (Spring/Summer minor box): 15

Wrestling (NWSS winter): 10

Basketball (NWSS winter): 10

Still to be added: Team building, Leadership seminars

February 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.		1 <u>3:15 weight room</u> (all)	2. <u>11:35 weight room</u> (multi-sport) 3:15 Tutoring (Eng/SS)	3. <u>11:35 weight room</u> (all)	4.
5.	6. <u>3:15 weight room</u>	7. <u>3:15 weight room</u>	8. <i>Collaboration Day</i> (school ends 11:35) <u>11:45 weight room</u> 6:30 pm – Parents meeting (Library)	9. <u>11:35 weight room</u> (multi-sport) 12:30 Social media seminar	10. <i>Coaches clinic in Seattle</i>	11.
12. 12-1:30 am Footwork/ Ball skills	13. FAMILY DAY (No school)	14. <u>3:15 weight room</u> 5pm: Tutoring (math)	15. <u>3:15 weight room</u> (all) 5pm - Tutoring (Eng/SS)	16. <u>11:35 weight room</u> (multi-sport)	17. <u>11:35 weight room</u> (all)	18.
19. 12-1:30 am Footwork/ Ball skills	20. <u>3:15 weight room</u>	21. <u>3:15 weight room</u> 5pm: Tutoring (math)	22. <u>3:15 weight room</u> 5pm - Tutoring Anti-Bullying Day	23. <u>11:35 weight room</u> (multi-sport) 3:15 – QB Meeting	24. Pro-D (No school)	25.
26. 12-1:30 am Footwork/ Ball skills	27. <u>3:15 weight room</u>	28. <u>3:15 Speed/Agility</u> 5pm: Tutoring (math)				

March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. <i>Collaboration Day</i> <i>(school ends early)</i> <u>11:35 weight room</u>	2. <u>11:35 weight room</u> <i>(multi-sport)</i> 3:15 Tutoring (all)	3. <u>11:35 weight room</u>	4.
5. 12-1:30 am Footwork/ Ball skills	6. <u>3:15 weight room</u>	7. <u>3:15 Speed/Agility</u> 5pm: Tutoring (math)	8. Parent-Teacher interviews <u>3:15 weight room</u> 5pm - Tutoring	9. <u>11:35 weight room</u> <i>(multi-sport)</i>	10. <u>11:35 weight room</u> <u>3:15 Competition</u> <u>Day</u>	11.
12. 12-1:30 am Footwork/ Ball skills	13. <u>Spring Break</u> <u>Starts</u> <u>1 pm weight room</u>	14.	15. <u>1 pm weight room</u> 2:15 – <i>Speed</i> <i>school & 7 on 7,</i> <i>Linemen session</i>	16.	17.	18.
19.	20. <u>1 pm weight room</u>	21.	22. <u>1 pm weight room</u> 2:15 – <i>Speed</i> <i>school & 7 on 7,</i> <i>Linemen session</i>	23.	24.	25.
26. 12-1:30 am Footwork/ Ball skills	27. <u>SCHOOL</u> <u>REOPENS</u> <u>3:15 weight room</u>	28. <u>3:15 Speed/Agility</u> <i>4:15 – 7 on 7 (D) &</i> <i>Linemen sessions</i> 5pm: Tutoring (math)	29. <u>3:15 weight room</u> <i>& Defensive</i> <i>Presentation</i> 5pm - Tutoring 11:30 am - QB mtg	30. <u>11:35 weight room</u> <i>(multi-sport)</i> <u>3:15 Speed School</u> 6pm – NFA Camp	31. <u>11:35 weight room</u> <u>Competition Day</u> 4:15: 7 on 7 (O)	

April 2017



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

