



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): Thursdays starting March 21th (Sr & JV)

Ball Skills: Sundays from noon to 1:30pm, starting Feb 11th

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. This includes weight room attendance.

Players are expected to attend 3 weight room sessions per week. If you are in another school sport, please speak to coach Lalji or Sikorski about modifying your weight room schedule.

Still to be added: Team building, Leadership seminars

January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.	2.	3.	4.	5.	6.
7.	8. School re-opens <u>3:15 weight room</u>	9. 3:15: Tutoring (math)	10. <u>3:15 weight room</u> 5pm: Study Hall	11. <u>3:15 weight room</u>	12. <u>11:35 weight room (multi-sport)</u>	13.
14.	15. Testing <u>3:15 weight room</u>	16. Testing 3:15: Tutoring (math)	17. Testing <u>3:15 weight room</u> 5pm: Study Hall	18. Testing <u>3:15 weight room</u>	19. <u>11:35 weight room (multi-sport)</u>	20.
21.	22. <u>11:30 weight room</u> NO REGULAR CLASSES THIS WEEK >>>	23.	24. <u>11:30 weight room</u>	25. <u>11:30 weight room</u>	26.	27.
28.	29. Start of Semester 2 <u>3:15 weight room</u>	30. 3:15: Tutoring (math)	31. <u>3:15 weight room</u> 5pm: Study Hall	Feb 1. <u>3:15 weight room</u>	2. <u>11:35 weight room (multi-sport)</u>	3.

February 2018



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

March 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. <u>3:15 weight room</u> 6:30 pm – Parents meeting (Library)	2. <u>11:35 weight room (multi-sport)</u>	3.
4. 12-1:30 am Footwork/ Ball skills	5. <u>3:15 weight room</u>	6. 3:15: Tutoring (math)	7. <u>3:15 weight room</u> 5pm: Study Hall	8. <u>3:15 weight room</u> Parent-Teacher interviews	9. <u>11:35 weight room (multi-sport)</u>	10.
11. 12-1:30 am Footwork/ Ball skills	12. <u>3:15 weight room</u>	13. 3:15: Tutoring (math)	14. <u>3:15 weight room</u> 5pm: Study Hall	15. <u>3:15 weight room</u>	16. <u>11:35 weight room (multi-sport)</u>	17.
18. 12-1:30 am Footwork/ Ball skills	19. <u>Spring Break Starts</u> <u>1 pm weight room</u>	20.	21. <u>1 pm weight room</u> <i>2:15 – Speed school & 7 on 7, Linemen session</i>	22.	23.	24.
25. 12-1:30 am Footwork/ Ball skills	26. <u>3:15 weight room</u>	27.	28. <u>1 pm weight room</u> <i>2:15 – Speed school & 7 on 7, Linemen session</i>	29.	30. Good Friday	31.