

ARLINGTON  STRENGTH & CONDITIONING	CHAMPIONSHIPS BEGIN HERE	2010 SUMMER STRENGTH & CONDITIONING
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Program Hours: June 7 – July 30

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m. <small>HS Male</small>	7:00 a.m. <small>HS Female</small>	7:00 a.m. <small>HS Male</small>	7:00 a.m. <small>HS Female</small>	7:00 a.m. <small>HS Male</small>
8:30 a.m. <small>HS Male</small>	8:30 a.m. <small>HS Female</small>	8:30 a.m. <small>HS Male</small>	8:30 a.m. <small>HS Female</small>	8:30 a.m. <small>HS Male</small>
9:30 a.m. <small>JH ONLY</small>	9:15 a.m. <small>HS & JH SPORTMETRICS ONLY</small>	9:30 a.m. <small>JH ONLY</small>	9:15 a.m. <small>HS & JH SPORTMETRICS ONLY</small>	

- **Athletes must be present at the session start time to participate.**
- On Fridays prior to scheduled open gym sessions, female athletes may take advantage of a 3rd day of strength and conditioning with an emphasis on plyometrics and theraband resistance training.

Testing & Make-up Week: August 2-5

Monday	Tuesday	Wednesday	Thursday
9 th -10 th Boys – 7:00 a.m.	11 th -12 th Boys – 7:00 a.m.	9 th -10 th Girls – 7:00 a.m.	11 th -12 th Girls – 7:00 a.m.
8:30 – Make-up	8:30 – Make-up	8:30 – Make-up	8:30 – Make-up

- Make-up sessions are for any athlete that missed *a workout(s)* during the course of the 8-week program.

A calendar indicating the days the weight room will be open during the course of the summer will be posted in the weight room and on the school website.

Contact Coach Gubbels if you have any questions regarding the summer strength and conditioning program.