



WAVERLY STRENGTH AND CONDITIONING

Strength and Conditioning Staff

Coordinator: Anthony Harms-anthony.harms@district145.org :Twitter-@CoachHarms5

Assistant: Tim Williams-tim.williams@district145.org :Twitter-@WaverlyFootbal1

Assistant: Brian Benson-brian.benson@district145.org :Twitter-@Coach_BBenson

(Cancellations will be communicated via Twitter and school text alert)

- The weight room is NOT open to individuals after school. If a team decides to have weights after school, it will be run by the coach of that team, or a strength coach if available.
- 8th Graders begin school year lifting in August.
- 7th Graders begin lifting second semester in mid-January. Strength staff will set a time to meet with 7th graders and send any additional information home at that time.

Hours of Operation:

School Year:

Monday: 7-8 am

- Only grades 7,8/9 and students who do not have Strength Class

Tuesday: 7-8 am

- 10-12 students who have Strength Class may lift during this time, but limited to auxiliary lifts, plyos, flexibility, cardio. If a workout was missed during class, you may use this day as a make-up.

Wednesday: 7-8 am

- Only grades 7,8/9 and students who do not have Strength Class
- 10-12 students who have Strength Class may lift during this time, but limited to auxiliary lifts, plyos, flexibility, cardio. If a workout was missed during class, you may use this day as a make-up.

Thursday: 7-8 am

- 10-12 students who have Strength Class may lift during this time, but limited to auxiliary lifts, plyos, flexibility, cardio. If a workout was missed during class, you may use this day as a make-up.

Friday: 7-8 am

- Only grades 7,8/9 and students who do not have Strength Class

Students who **do not** have Strength Class and **grades 7,8,9:**

- **should only lift in the morning on Monday, Wednesday and Friday.**
- They should not lift on Tuesday/Thursday unless given permission by the strength staff. Example would be if there is open gym/mat scheduled on Monday or Wednesday morning. Therefore, lifting on so Tuesday/Thursday morning would be permitted. Or, unable to lift due to a school activity.

Students who have Strength Class:

- **should only lift on Tuesday, Wednesday OR Thursday**-pick 2 of the 3 days.
- Auxiliary lifts ONLY should be performed during this time. If you missed class you may make up your core lift. **You may only lift on Monday and Fridays if you are given permission by the strength staff. Example, if you have open gym/mat on Tuesday/Thursday or missed class...expectation to go to open gym or mat if offered.**



WAVERLY STRENGTH AND CONDITIONING

Strength and Conditioning Staff

Coordinator: Anthony Harms-anthony.harms@district145.org :Twitter-@CoachHarms5

Assistant: Tim Williams-tim.williams@district145.org :Twitter-@WaverlyFootbal1

Assistant: Brian Benson-brian.benson@district145.org :Twitter-@Coach_BBenson

Hours of Operation:

Summer time:

NOTE: a final schedule will be determined in February of each year

Monday: Organized Workouts by strength and conditioning staff/coaches.

Girls: Grades 9-12, 6:30-7:40 am

Boys: Grades 10-12, 7:30-8:40 am

Girls: Grade 8, 8:30-9:40 am

Boys: Grades 8/9, 8:30-9:40 am

Tuesday: Organized Workouts by strength and conditioning staff/coaches.

Girls: Grades 9-12, 6:30-7:40 am

Boys: Grades 10-12, 7:30-8:40 am

Girls: Grade 8, 8:30-9:40 am

Boys: Grades 8/9, 8:30-9:40 am

Wednesday: Make up day ONLY

Time: TBD

Thursday: Organized Workouts by strength and conditioning staff/coaches.

Girls: Grades 9-12, 6:30-7:40 am

Boys: Grades 10-12, 7:30-8:40 am

Girls: Grade 8, 8:30-9:40 am

Boys: Grades 8/9, 8:30-9:40 am

Friday: Make up day ONLY

Time: TBD