



## SUMMER 2018

### Monday/Wednesday/Friday

<u>HIGH SCHOOL SCHEDULE</u> Beginning June 25th, 2018	
AM SESSIONS MONDAY-WEDNESDAY-FRIDAY	PM SESSIONS MONDAY-WEDNESDAY-FRIDAY
<p style="text-align: center;"><b>Session I</b> In-coming Freshman <u>Football/BLAX</u> 7:00 - 9:00 <b>(Male)</b> 40 min./station, 3 station rotation (lift/functional training/conditioning)</p>	<p style="text-align: center;"><b>Session V</b>  Mon./Wed. 4:00 - 6:15 p.m. ***Friday 12:15 - 2:15***  <b>(<u>Football V/JV</u>)</b>  40 min./station, 3 station rotation (lift/functional training/conditioning)</p>
<p style="text-align: center;"><b>Session II</b> 9 - 12<sup>th</sup> Grade A. <u>Basketball</u> (Boys/Girls) B. <u>Field Hockey/Girls LAX</u> 9:00 - 11:00 <b>(Male/ Female)</b> 40 min./station, 3 station rotation (lift/functional training/conditioning)</p>	
<p style="text-align: center;"><b>Session III</b> 9 - 12<sup>th</sup> Grade 11:00 - 12:30 <b>(Male/ Female)</b> 1 hour lift, 20 minute conditioning* A. <u>Soccer</u> (Boys/Girls) <b>1 hour lift no conditioning</b></p>	<p style="text-align: center;"><b>Session VI</b> Mon./Wed. 6:15 - 7:30 p.m. <b>(Male/Female)</b> A. <u>Volleyball</u> (Boys, &amp; Girls Opt.) B. <u>Boys XC</u> C. <u>Ice Hockey</u>  <b>&amp; (By Appt. Lift Only)</b></p>

### Tuesday/Thursday

*Summer Session Begins June 26th (See brochure online)*

1. HHS Volleyball/Softball  
/Throwers (female weightoom) 9<sup>th</sup> thru 12<sup>th</sup> Grade - Tuesday/Thursday 7:30 - 9:00a.m.
2. HMS/ARIS (weightoom) 5<sup>th</sup> thru 8<sup>th</sup> Grade - Tuesday/Thursday 9:00 - 10:00a.m.
3. HS / MS (Speed/Power) 7<sup>th</sup> thru 12<sup>th</sup> Grade - Tuesday/Thursday 10:00 - 11:00a.m.
4. HHS Baseball/BLAX 9<sup>th</sup> thru 12<sup>th</sup> Grade - Tuesday/Thursday 11:00 - 12:30p.m.
5. Girls XC & Sprint(All) 9<sup>th</sup> thru 12<sup>th</sup> Grade - Tuesday/Thursday 5:00 - 6:00p.m.

PERMISSION SLIPS and RANDOM DRUG TEST FORMS **REQUIRED** FOR ALL PROGRAMS: Go to <https://hhs.https.us> click athletics, click Raider Strength and Conditioning