



Lady Eagles Fitness Camp



WHAT – Lady Eagles Fitness Camp

WHY – Fitness camp is designed to build strength and power through lifting weights, plyometric drills, and agility drills. While teaching the athlete the proper and basic fundamentals of lifting weights and mechanics of jumping. All designed to help decrease sports related injuries.

WHO – Incoming 7th graders through 12th graders

WHERE – Holliday Gym

WHEN – Monday through Thursday

WEEKS – May 27th – May 31st (Fieldhouse/Gym will be closed)
Week 1, June 3rd – June 6th
Week 2, June 10th – June 13th
Week 3, June 17th – June 20th (June 18th – Coaches in-service, no workout)
Week 4, June 24th – June 27th
July 1st – July 4th (No scheduled workouts, Fieldhouse closed on July 4th)
Week 5, July 8th – July 11th
Week 6, July 15th – July 18th

TIMES – 8am – 9 am

REMIND – Basketball/Weights - Text 81010 with the message @winngbb
Volleyball - Text 81010 with the message @herovball

TWITTER – @HHSLadyEaglesBB
@HEROVOLLEYBALL1

BASKETBALL – After fitness camp, for the month of June, there will be basketball skills and drills work on Monday and Wednesday for 1 hour excluding the week of June 3rd. The week of June 3rd will be at 7:30 before Fitness Camp. Incoming 9th – 12th graders ONLY.

VOLLEYBALL – After fitness camp, for the month of July, there will be Volleyball skills and drills work on Tuesday and Thursday for 1 hour. Incoming 9th – 12th graders ONLY.