

# 2021

## HENRIETTA BEARCATS SUMMER STRENGTH AND CONDITIONING



### TIMES

9-12<sup>th</sup> / 6-8<sup>th</sup> Girls: 8 to 10am

6 – 8 Boys: 10am to 12pm

9 - 12 Boys: 6 – 8pm

### GAME PLAN

Within each training session, we will have a block for strength and conditioning as well as blocks for building sport specific skills. Athletes will all start in the weight room before dispersing. Athletes will be trained by Henrietta coaching staff.

### LOCATION

Check in at Field House  
Henrietta Bearcat Athletic Facilities

### DATES

June 7<sup>th</sup> – July 29<sup>th</sup>

\*See Calendar for Specific Dates

### BRING


Wear Athletic clothing, gym shoes, cleats (if applicable), water jug w/ water.

## JUNE

Mon	Tues	Wed	Thurs	Fri
	1 <b>x</b>	2 <b>x</b>	3 <b>x</b>	4 <b>x</b>
7	8	9	10	11 <b>x</b>
14	15	16	17	18 <b>x</b>
21	22	23	24	25 <b>x</b>
28 <b>x</b>	29 <b>x</b>	30 <b>x</b>		

## JULY

Mon	Tues	Wed	Thurs	Fri
			1 <b>x</b>	2 <b>x</b>
5	6	7	8	9 <b>x</b>
12	13	14	15	16 <b>x</b>
19	20	21	22	23 <b>x</b>
26	27	28	29	30 <b>x</b>

 = WORK OUT DAY

**x** = FACILITIES CLOSED

