

WINDERMERE PREP SUMMER TRAINING SCHEDULE



JUNE

**IF AN ATHLETE HAS A SCHEDULING CONFLICT WITH THEIR SPECIFIC TIME THEY ARE WELCOME TO JOIN ANOTHER GROUP'S TIME*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Open Weight Room 9-10:15 AM 10:15-11:30 AM	6 Open Weight Room 9-10:15 AM 10:15-11:30 AM	7 Open Weight Room 9-10:15 AM 10:15-11:30 AM	8	9
10	11 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Speed/Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	12 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	13 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	14 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	15	16
17	18 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	19 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	20 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	21 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	22	23
24	25 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	26 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	27 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	28 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	29	30

WINDERMERE PREP SUMMER TRAINING SCHEDULE



JULY

**IF AN ATHLETE HAS A SCHEDULING CONFLICT WITH THEIR SPECIFIC TIME THEY ARE WELCOME TO JOIN ANOTHER GROUP'S TIME*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	3 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	4 No Workouts Enjoy your break!	5 No Workouts Enjoy your break!	6	7
8	9 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	10 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	11 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	12 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	13	14
15	16 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	17 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	18 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	19 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	20	21
22	23 8-9 am Barbell 101 (9 th grade) 9-9:45 am 9 th grade Athletes; Football Team/Speed Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball 1-2 pm 10 th -12 th Female Athletes 2-3 pm 10 th -12 th Male Athletes	24 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	25 8-9 am Barbell 101 (9 th grade) 9-10:30 am 9 th grade Athletes; Football Speed/Agility/Mobility 1-2 pm 10-12 th Female Athletes 2-3 pm 10-12 th Male Athletes	26 8-9 am FASST Training (6 th -8 th) 9-9:45 am Football Speed/ Agility 9:45-10:45 Football (10-12 th) 10:45-12 pm Basketball	27	28
29	30	31				