



SUMMER 2017

Monday/Wednesday/Friday

<u>HIGH SCHOOL SCHEDULE</u> Beginning June 26th, 2017	
AM SESSIONS MONDAY-WEDNESDAY-FRIDAY	PM SESSIONS MONDAY-WEDNESDAY-FRIDAY
<p style="text-align: center;">Session I In-coming Freshman <u>Football/BLAX</u> 7:00 - 9:00 (Male) 40 min./station, 3 station rotation (lift/functional training/conditioning)</p>	<p style="text-align: center;">Session V Mon./Wed. 4:00 - 6:15 p.m. ***Friday 12:15 – 2:15*** (<u>Football V/JV</u>) 40 min./station, 3 station rotation (lift/functional training/conditioning)</p>
<p style="text-align: center;">Session II 9 – 12th Grade <u>Basketball</u> (Boys/Girls) 9:00 - 11:00 (Male/ Female) 40 min./station, 3 station rotation (lift/functional training/conditioning)</p>	
<p style="text-align: center;">Session III 9 – 12th Grade 11:00 - 12:30 (Male/ Female) 1 hour lift, 20 minute conditioning* A. <u>Soccer</u> (Boys/Girls) 1 hour lift no conditioning</p>	<p style="text-align: center;">Session VI (By Appt. Lift Only) Mon./Wed. 6:15 - 7:30 p.m. (Male/Female) A. <u>Volleyball</u> (Boys/Girls) Please contact coach McFarland if you are planning on attending this session so we can adequately staff. jmcfarland@https.us</p>

Tuesday/Thursday

Summer Session Begins June 27th (See brochure online)

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