

**2012 JESUIT JV FOOTBALL
OFF SEASON WORKOUTS
INFORMATION SHEET**

SPRING WEIGHT WORKOUTS

I STRENGTH TRAINING

A. DATES: FEBRUARY 21-MAY 18
B. TIME/DAY

7:15-8 AM	MTWTHF
12-12:30	MTH
3-4:30	MTWTHF
5-6:30	MTWTH

NOTES-

1. NON SPRING SPORTATHLETES ARE ENCOURAGED TO ATTEND 3-4 WORKOUTS PER WEEK.
SPRING SPORT ATHLETES ARE ENCOURAGED TO ATTEND 2 WORKOUTS PER WEEK.

SPRING PRACTICE

I FOOTBALL PRACTICES

A. DATES: MAY 1- MAY 31
B. DAYS: TBA
C. TIME: TBA

Cut along the dotted line & return to Coach Hall

NAME _____
(Last) (First)

PHONE # _____
(Home) (Cell)

EMAIL _____
(Student) (Parent)

SUMMER WORKOUTS

I SUMMER WEIGHTS AND AGILITY

A. DATES: MONDAY, JUNE 18-WEDNESDAY , JULY 25

B. TIME: 3:30-5:30 PM

C. DAYS DAILY, MONDAY THROUGH THURSDAY

(Exception: There will be no workout on Wednesday, July 4)

II SUMMER PASSING LEAGUE--QB, DB, RB, R, LB

A. DATES: TBA

B. TIME: 6:30 PM

IT'S NOT MANDATORY, IT'S NECESSARY TO WORKOUT AS MUCH AS POSSIBLE TO GET BIGGER, FASTER AND STRONGER:

- TO PREVENT INJURY

- TO COMPETE IN THE DRL, THE TOUGHEST D-I LEAGUE IN THE AREA

- TO WIN PLAYOFF GAMES

******FOOTBALL PRACTICE BEGINS: MONDAY, AUGUST 6 TIME: 9 AM******