

Eagle Sports Performance Schedule for January 2012

- *Monday
 - 4:00-4:30 (small group sport specific training by appoint)
 - 4:30-5:00 (small group sport specific training by appoint)
 - 5:00-5:30 In Season Strength Training (all sports)
 - 5:50-6:15 Varsity GBBall
- *Tuesday
 - 6:30am-7:30am Breakfast Club
 - 3:00-4:00 OS TRN
 - 4:00-4:30 (small group sport specific training by appoint)
 - 4:30-5:30 (small group sport specific training by appoint)
 - 5:00-5:30 Competitive Cheer
- *Wednesday
 - 3:00-4:00 OS TRN
 - 4:00-4:30 Boys BBall Body Weight Power/Explosive Plyos
 - 4:30-5:00 (small group sport specific training by appoint)
 - 5:00-5:30 In Season Strength Training (all sports)
 - 5:50-6:15 Varsity GBBall
- *Thursday
 - 6:30-7:30 Breakfast Club
 - 3:00-4:00 OS TRN
 - 4:00-4:30 (small group sport specific training by appoint)
 - 4:30-5:30 (small group sport specific training by appoint)
 - 5:00-5:30 Competitive Cheer
- *Friday
 - 3:00-4:00 OS TRN
 - 4:00-4:30 (small group sport specific training by appoint)
 - 4:30-5:30 (small group sport specific training by appoint)
- *Saturday
 - 9:00-10:00 OS TRN (speed/agility training in speed room)
 - 10:00-10:45 Boys BBall (Weight Training)
 - 10:50-11:20 Varsity GBBall

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Key Definitions:

BBall/GBBall: Boys Basketball/Girls Basketball

OS TRN: Off Season Sports Training for all sports currently not In Season. This is group training of athletes from various sports training in strength, speed, agility and quickness training drills/exercises. Open to all athletes

Breakfast Club: This is early a.m. weight room strength training for 40 minutes combined with 20 minutes of speed and agility training before school starts. Open to all athletes.

Small Group Training by Appointment: This is designed for those athletes looking for extra sports specific sports performance training. for example, volleyball players can reserve a scheduled time slot for vertical jump training or soccer players can reserve time for working soccer change of direction drills specific to soccer. These time slots are available during the week and can be scheduled by coach, athletes or parents by contacting Daimond Dixon @ 616-633-1883 or via email at DDixon@GRCS.org.

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