



SUMMER 2019

Monday/Wednesday/Friday

<u>HIGH SCHOOL SCHEDULE</u>	
Beginning June 24th , 2019	
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) Track Throwers M/W (Male/Female) 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 A. <u>Basketball</u> (Boys/Girls) B. <u>Field Hockey/Girls LAX</u> 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 Mon./Wed. 6:15 - 7:30 p.m. (Male/Female) A. <u>Volleyball</u> (Boys, & Girls Opt.) B. <u>Boys XC</u> C. <u>Ice Hockey</u> & (By Appt. Lift Only)</p>

Tuesday/Thursday

*Summer Session Begins **June 25th** (See brochure online)*

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| <p>1. <u>HHS Volleyball/Softball</u></p> <p style="padding-left: 20px;">-or makeup-</p> <p>2. <u>Track Throwers</u></p> <p>3. <u>HMS/ARIS</u> (weightoom)</p> <p>4. <u>HS / MS</u> (Speed/Power)</p> <p>5. <u>HHS Baseball/BLAX</u></p> <p>6. <u>Girls XC & Sprint</u>(All)</p> | <p>9th thru 12th Grade – Tuesday/Thursday 7:00 – 9:00a.m.</p> <p>9th thru 12th Grade – Tuesday/Thursday 4:00 – 5:00p.m.</p> <p>9th thru 12th Grade – Tuesday/Thursday 7:00 – 9:00a.m.</p> <p>5th thru 8th Grade – Tuesday/Thursday 9:00 – 10:00a.m.</p> <p>7th thru 12th Grade - Tuesday/Thursday 10:00 – 11:00a.m.</p> <p>9th thru 12th Grade - Tuesday/Thursday 11:00 – 12:30p.m.</p> <p>9th thru 12th Grade - Tuesday/Thursday 5:00 – 6:00p.m.</p> |
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PERMISSION SLIPS and RANDOM DRUG TEST FORMS **REQUIRED** FOR ALL PROGRAMS: Go to <https://hhs.hhs.us> click athletics, click Raider Strength and Conditioning