

2016 SPRING CALENDAR

AVON ORIOLES STRENGTH & CONDITIONING

WEEK #	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	April 4 th - April 8 th	LIFT 3:00-4:30	LIFT 3:00-4:30pm	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 2	April 11 th - April 15 th	LIFT 3:00-4:30	LIFT 3:00-4:30pm	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 3	April 18 th - April 22 nd	LIFT 3:00-4:30	LIFT 3:00-4:30pm	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 4	April 25 th - April 29 th	LIFT 3:00-4:30pm	LIFT 3:00-4:30pm	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 5	May 2 nd - May 6 th	LIFT 3:00-4:30	LIFT 3:00-4:30pm	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 6	May 9 th - May 13 th	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 7	May 16 th - May 20 th	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT 3:00-4:30	LIFT- 3:00-4:00PM/ 6:00AM "Morning of Champions"
WEEK 8	May 23 rd - May 26 th	OPEN LIFT 3:00-4:00 (Finals Week)	OPEN LIFT 3:00-4:00 (Finals Week)	CLOSED (Finals Week)	CLOSED (Finals Week)	NO SCHOOL/ CLOSED

Contact Information:

Coach Smith, MS-USAW

Avon High School

APC Teacher/Head Strength & Conditioning Coach

Email: desmith@avon-schools.org