

# 2016 SUMMER CALENDAR

## AVON ORIOLES STRENGTH & CONDITIONING

WEEK #	DATES	MONDAY	WEDNESDAY	THURSDAY
WEEK 1	May 30 <sup>th</sup> - June 3 <sup>rd</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON
WEEK 2	June 13 <sup>th</sup> - June 17 <sup>th</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON
WEEK 3	June 20 <sup>th</sup> - June 24 <sup>th</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON
WEEK 4	June 27 <sup>th</sup> - July 1 <sup>st</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> FOOTBALL – 7:30-9:30AM SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON
WEEK 5	July 4 <sup>th</sup> - July 8 <sup>th</sup>	<b>**OFF – MORATORIUM WEEK**</b>		
WEEK 6	July 11 <sup>th</sup> - July 15 <sup>th</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM
WEEK 7	July 18 <sup>th</sup> - July 22 <sup>nd</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM
WEEK 8	July 25 <sup>th</sup> - July 29 <sup>th</sup>	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM	<u>(SPEED-LIFT-CORE-MOBILITY-FLEX)</u> SESSION 1 – 10:00-11:00AM SESSION 2 – 11:00-NOON FOOTBALL – 3:00-4:30PM

**Contact Information:**

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