

Sabercat 2018 Summer Strength, Speed and Agility Schedule

June 4, 2018 – August 3, 2018

Boys Basketball – M/W/F

- Weight Room-9:30-10:10am
- Speed and Agility- 8:30-9:30am

Girls basketball – M/W/F

- Weight Room-9:30-10:30am
- Speed and Agility- 8:30-9:30am

Baseball – M/W/F

- Weight Room- 9:30-10:30am
- Speed and Agility- 10:30-11:30am

Co-Ed Cheer – M/W/F

- Weight Room- 9:30-10:30am
- Speed and Agility- 10:30-11:30am

Cross Country (boys/Girls)

- Weight Room- 7:30-9:30am M/W/F
- Running- 7:30-9:30am T/Th (trails)

Football

- Weight Room-7:00-8:30am (Mon/ Wed)
- Speed & Agility- 8:30-9:30am(M/W)
- Tue/Thurs -Turf 7-8:30 & Weights- 8:30-9:30am

Golf / Boys and Girls – M/W/F

- Weight Room-8:30-9:30am
- Speed and Agility- 9:30-10:30am

Ice Hockey / Boys and Girls – M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 9:30-10:30am

Lacrosse / Boys – M/W/F

- Weight Room-9:30-10:30am
- Speed and Agility- 10:30-11:30am

Lacrosse / Girls – M/W/F

- Weight Room-9:30-10:30am
- Speed and Agility- 8:30-9:30am

CRMS, Academy Charter & Aspen View - Strength, Speed and Agility M/W/F

- June 4-Aug 3 –Grades 6-8
- Weight Room 10:30-11:30am
- Speed & Agility Turf 11:30-12:30pm

Poms / Boys and Girls- M/W/F

- Weight Room- 9:30-10:30am
- Speed and Agility- 10:30-11:30am

Soccer / Boys – M/W/Th/F

- Weight Room-6-7am
- Speed and Agility- 7:00-8:00am

Soccer / Girls – M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 9:30-10:30am

Softball – M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 9:30-10:30am

Swim / Boys and Girls – M/W/F

- Weight Room-9:30-10:30am
- Speed and Agility- 8:30-9:30am

Tennis / Boys and Girls – M/W/F

- Weight Room-9:30-10:30am
- Speed and Agility- 8:30-9:30am

Track and Field / Boys and Girls M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 9:30-10:30am

Volleyball / Girls

- Weight Room- 7:00-8:30 T/Th
- Speed & Agility- 7:00-9:00 M/T/Th

Volleyball / Boys M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 7:30-8:30am

Wrestling / Boys and Girls – M/W/F

- Weight Room- 8:30-9:30am
- Speed and Agility- 9:30-10:30am

Register at sabercatsports.org - Registration opens 4/23

Cost: \$135 (3days) M/W/F

- Except Football, Boys Soccer, Cross Country
 - \$200 (4 or 5 days)
- Yoga on Tuesdays and Thursdays 10:30-11:30
CV dance Room / Additional \$50
- Athletes receive workouts, trainers, workout app, nutrition blog, T-shirt and **FREE breakfast/lunch provided 8:30-10am & 10:30-1:30**