



## 2019 GEHS Summer Athletic Development Program



7:00am - 8:00am Varsity Boys Group 1 Field Or MAC

7:00am - 8:00am Varsity Boys Group 2 Weight Room

8:00am - 9:00am Varsity Boys Group 1 Weight Room

8:00am - 9:00am Varsity Boys Group 2 Field Or MAC

9:00am - Boys Sports Skills (For Coaches)

8:00am - 9:00am Varsity Girls Field Or MAC

9:00am - 10:00am Varsity Girls Weight Room

10:00am - Girls Sports Skills (For Coaches)

9:00am - 10:00am Intro to Athletic Development (Incoming Freshman) Boys & Girls Field Or MAC

10:00am -11:00am Intro to Athlete Development (Incoming Freshman) Boys & Girls Weight Room

11:00am - 12:00pm Middle School Field Or MAC

Friday Schedule

9:30am - 11:00am Make Up Lift

Training Days will be Monday - Friday each week.

Phase 1 - June 3rd - June 27th

Off Week - July 1st

Phase 2 - July 8th - August 1st