

VC Spring-Summer Plans

- Weight Program
 - 1) Will continue on a M-W-F schedule at 5:45 a.m. until school is out.
 - 2) Summer months we go on a M-W schedule at 7 a.m. Then to the field house for medicine ball drills (each player is responsible for their ball.) Tuesday-Thursday will run stadium steps at 7 a.m. Then again on medicine ball. Our summer work outs will be at 7 a.m.-8:30 a.m. every M-T-W-TH. Offense-Defense will be at 6:30-8:00 p.m.
- All lifting will be at Body Quest. The cost is \$10 per month.
- Spring Football
 - 1) Gear handed out Tuesday, April 27 at 6 a.m.
 - 2) April 29 6 a.m. - 7:15 a.m. full gear
 - May 4 (6 a.m. - 7:15 a.m.)
 - May 6 (6 a.m. - 7:15 a.m.)
 - May 11 (6 a.m. - 7:15 a.m.)

We are allowed 15 days. The next 15 days will be announced later.

- Summer Workouts
 - 1) We will go twice a day on a M-T-W-TH schedule. Calendar with times is attached.
 - 2) We have two breaks for our athletes - June 25- July 12; July 19-22
 - 3) Our evening workout will be for offensive and defensive practices without gear.
- All players are expected to wear A.S.O ankle braces.