



**CONQUEROR SUMMER TRAINING STARTS JUNE 13TH  
 RUNS MONDAY - THURSDAY UNTIL AUGUST 4TH  
 NO TRAINING DURING STATE MANDATED “DEAD WEEK” - JULY 4TH - 7TH  
 FINAL WEEK OF LIFTING WILL BE A TESTING WEEK | AUGUST 1ST - 4TH**

<b>SUMMER TRAINING SCHEDULE</b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>
<b>7:30AM - 8:40AM FIELD &amp; WEIGHTROOM</b>	<b>VARSITY FOOTBALL <i>Speed &amp; Strength</i></b>	<b>VARSITY FOOTBALL <i>Speed &amp; Strength</i></b>	<b>VARSITY FOOTBALL <i>Competition Day Off Campus</i></b>	<b>VARSITY FOOTBALL <i>Speed &amp; Strength</i></b>
<b>8:45AM - 9:45AM FIELD &amp; WEIGHTROOM</b>	<b>JR. HIGH BOYS SPEED &amp; STRENGTH</b>	<b>JR. HIGH BOYS SPEED &amp; STRENGTH</b>	<b><u>OFF DAY</u></b>	<b>JR. HIGH BOYS SPEED &amp; STRENGTH</b>
<b>9:45AM - 10:45AM WEIGHTROOM</b>	<b>HS VARSITY MEN</b>	<b>HS VARSITY MEN</b>	<b><u>OFF DAY</u></b>	<b>HS VARSITY MEN</b>
<b>11:15AM - 12:00PM VCS PARK/ELEMENTARY GRASS FIELDS</b>	<b>NEXT LEVEL ELEMENTARY SPEED &amp; AGILITY CAMP</b>	<b>NEXT LEVEL ELEMENTARY SPEED &amp; AGILITY CAMP</b>	<b><u>OFF DAY</u></b>	<b>NEXT LEVEL ELEMENTARY SPEED &amp; AGILITY CAMP</b>
<b>11:45AM - 12:40PM WEIGHTROOM</b>	<b><u>OFF DAY</u></b>	<b>JR HI &amp; VARSITY LADIES</b>	<b>JR HI &amp; VARSITY LADIES</b>	<b>JR HI &amp; VARSITY LADIES</b>