

Lakeville South Summer Strength & Speed Training Schedule 2023

Begins Wed. June 14th

These are the intended dates and times for different groups. If these particular times do not work for a particular group – please contact Coach Sahli as we already know there will be some exceptions.

Session	Time	Days	Group	Training Methodology	Site
1	7:30-8:45	M/T/W/Th	Girls 9-12	Strength/Power	Weight Room
	8:50-9:30	M/T/W/Th	Girls 9-12	Movement/Speed	Field
2.	8:45-10:00	M/T/W/Th	Boys 11-12	Strength/Power	Weight Room
	10:05-10:45	M/T/W/Th	Boys 11-12	Movement/Speed	Field
3	10:05 -11:15	M/T/W/Th	Boys 9-10	Strength/Power	Weight Room
	11:20-11:55	M/T/W/Th	Boys 9-10	Movement/Speed	Field
4	11:15-12:15	M/T/Th	Boys 6-8	Strength/Power	Weight Room
	12:15-12:45	M/T/Th	Boys 6-8	Movement/Speed	Field
5	12:20-1:20	M/T/Th	Girls 6-8	Strength/Power	Weight Room
	1:20-1:50	M/T/Th	Girls 6-8	Movement/Speed	Field
6	1:25-2:15	T/Th	Youth Gr. 3-5	Movement	Weightroom/field/gym