

# **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](http://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 /Grades 6-12
- Athletes receive workouts, trainers, workout app, nutrition blog, T-shirt and **FREE breakfast/lunch provided 8:30-10am & 10:30-1:30**