

2019 – Webb City High School SUMMER Weights



Grades 9 -12

Required: Any high school student that will be enrolled in Boy's or Girl's Physical Training class at WCHS in the 2019-20 school year is required to attend summer strength and conditioning at 80% attendance, and participate on a high school athletic team. Each student must attend 16 of 20 scheduled days.

There will be 5 Make-Up days (**June 7, 14, 21, 28**).

Locations:

- Incoming 9th grade Boys and Girls ----- **6:00-7:45am** @ WC Junior High
- Incoming 10-12th grade Boys and Girls ----- **6:00-7:45am** or **7:45-9:30am** @ WC High School

Sport Specific Days: There will be designated "**Sport Specific**" days this summer. Student/Athletes will be able to "practice" with their respective programs. Sport Specific time will begin at 9:30am on designated days. These days are as follows...

Monday and Wednesday = Softball, Volleyball, Football

Tuesday and Thursday = Boys and Girls Basketball, Wrestling, Boys and Girls Soccer

Dress: Shorts, T-Shirt and athletic shoes are required each day.

ALL student-athletes are responsible for attending the required amount of days. Please contact Coach Roy or Coach Rod, if there are circumstances that interfere with meeting the required days of attendance. Coach Roy croy@wcr7.org or Coach Rod (417) 673-6010 ext. 229; jroderique@wcr7.org

**** Additional MAKE-UP days may be available July 15-18 by contacting Coach Roy ****

Important Dates:

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| • Webb City FREE PHYSICAL night | Wednesday, May 1, 2019 |
| • WCHS/WCJH "ATHLETIC DEAD PERIOD" | August 3 - 11 |
| • WCHS "OFF WEEK" | July 1 - 5 |
| • FALL SPORTS Mandatory Parents meeting. | Sunday, August 11 @ 6:30 pm |
| • FALL SPORTS First practice. | Monday, August 12 |

**9TH Grade Boys and Girls Summer Weights will be at WC Junior High School
6:00 – 7:45 am**

2019 - Webb City High School Summer Strength and Conditioning Calendar

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Summer Weights Day 1	4 Summer Weights Day 2	5 Summer Weights Day 3	6 Summer Weights Day 4	7 Make Up Weights 6:00-7:30 am	8
9	10 Summer Weights Day 5	11 Summer Weights Day 6	12 Summer Weights Day 7	13 Summer Weights Day 8	14 Make Up Weights 6:00-7:30 am	15
16	17 Summer Weights Day 9	18 Summer Weights Day 10	19 Summer Weights Day 11	20 Summer Weights Day 12	21 Make Up Weights 6:00-7:30 am	22
23	24 Summer Weights Day 13	25 Summer Weights Day 14	26 Summer Weights Day 15	27 Summer Weights Day 16	28 Make Up Weights 6:00-7:30 am	29

July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30	1 NO Weights	2 NO Weights	3 NO Weights	4 NO Weights	5 NO Weights	6
7	8 Day 17	9 Day 18	10 Day 19	11 Day 20	12 Make Up Weights 6:00-7:30 am	13
14	15 Make Up Weights 6:00-7:30 am	16 Make Up Weights 6:00-7:30 am	17 Make Up Weights 6:00-7:30 am	18 Make Up Weights 6:00-7:30 am	19	20
21	22	23	24	25	26	27
28	29	30	31	Sport Specific Days begin at 9:30am Sports DEAD Week is August 3 - 11		

All Students MUST attend 16 Days during the Summer Weight Program