



2019 Webb City Junior High Summer Weights

Who: **Incoming 7th and 8th grade student-athletes**

Time: **BOYS (7-8) 7:45 - 8:45 am**
GIRLS (7-8) 8:45 - 9:45 am

Dates: **June 3 – June 27 (Monday-Thursday)**

Place: **WC Junior High School Weight Room and Gym**

Program: **Introductory Strength Training**
Speed and Agility development
Health and Nutrition

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <u>WEIGHTS - Day 1</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	4 <u>WEIGHTS - Day 2</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	5 <u>WEIGHTS - Day 3</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	6 <u>WEIGHTS - Day 4</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	7	8
9	10 <u>WEIGHTS - Day 5</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	11 <u>WEIGHTS - Day 6</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	12 <u>WEIGHTS - Day 7</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	13 <u>WEIGHTS - Day 8</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	14	15
16	17 <u>WEIGHTS - Day 9</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	18 <u>WEIGHTS - Day 10</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	19 <u>WEIGHTS - Day 11</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	20 <u>WEIGHTS - Day 12</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	21	22
23	24 <u>WEIGHTS - Day 13</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	25 <u>WEIGHTS - Day 14</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	26 <u>WEIGHTS - Day 15</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	27 <u>WEIGHTS - Day 16</u> Boys – 7:45-8:45 am Girls – 8:45-9:45 am	28	29

2018 FREE Physical night at WCHS is Wednesday, May 1nd, 2019 at 6:00 pm