

ROCKFORD SUMMER STRENGTH AND CONDITIONING SCHEDULE JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>?? QUESTIONS ??</p> <p>STRENGTH & CONDITIONING COACH BRENT CUMMINGS 616-450-4379 bcummings@rockfordschools.org</p>					
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Final Exams	Final Exams	Final Exams		All Program Open Lift 8 - 9:30 a.m.	
16	17	18	19	20	21	22
	Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	All Program Hill #1 8:30 a.m.	All Program Open Lift 8 - 9:30 a.m.	
23	24	25	26	27	28	29
	Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m. Cave Man 8:00 - 9:30 QB School 8:30 - 12:30 Receivers 10:00	Cave Man 8:00 - 9:30 QB School 8:30 - 12:30 Receivers 10:00	Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m. Cave Man 8:00 - 9:30 QB School 8:30 - 12:30 Receivers 10:00	All Program Hill #2 8:30 a.m.	All Program Open Lift 8 - 9:30 a.m.	

ROCKFORD SUMMER STRENGTH AND CONDITIONING SCHEDULE JULY/AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MHSAA MANDATORY DOWN WEEK	2 MHSAA MANDATORY DOWN WEEK	3 MHSAA MANDATORY DOWN WEEK	4 MHSAA MANDATORY DOWN WEEK	5 MHSAA MANDATORY DOWN WEEK	6 MHSAA MANDATORY DOWN WEEK	7 MHSAA MANDATORY DOWN WEEK
8 JV/Varsity Lift @ 7:30 a.m. TEAM CAMP Grades 7 - 12 8:30am - 12:30pm	9 JV/Varsity Lift @ 7:30 a.m. TEAM CAMP Grades 7 - 12 8:30am - 12:30pm	10 JV/Varsity Lift @ 7:30 a.m. TEAM CAMP Grades 7 - 12 8:30am - 12:30pm	11 All Program Open Lift 8 - 9:30 a.m.	12 All Program Open Lift 8 - 9:30 a.m.	13 All Program Open Lift 8 - 9:30 a.m.	14 All Program Open Lift 8 - 9:30 a.m.
15 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	16 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	17 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	18 All Program Hill #3 8:30 a.m.	19 All Program Open Lift 8 - 9:30 a.m.	20 All Program Open Lift 8 - 9:30 a.m.	21 All Program Open Lift 8 - 9:30 a.m.
22 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	23 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	24 Varsity @ 9 a.m. FR/JV @ 10 a.m. 7/8 @ 11 a.m.	25 All Program Hill #4 8:30 a.m.	26 All Program Open Lift 8 - 9:30 a.m.	27 MHSAA MANDATORY DOWN WEEK	28 MHSAA MANDATORY DOWN WEEK
29 Youth Clinic 8:30am-12:15pm Pre-Season Conditioning 6 - 8:15	30 Youth Clinic 8:30am-12:15pm Pre-Season Conditioning 6 - 8:15	31 Youth Clinic 8:30am-12:15pm Pre-Season Conditioning 6 - 8:15	1 MHSAA MANDATORY DOWN WEEK	2 MHSAA MANDATORY DOWN WEEK	3 MHSAA MANDATORY DOWN WEEK	4 MHSAA MANDATORY DOWN WEEK