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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Change into “work” clothes  1:45-1:55pm | Change into “work” clothes  1:45-1:55pm | Change into “work” clothes  1:45-1:55pm | Change into “work” clothes  1:45-1:55pm | **Turn In Research Notes.** Then get Changed  1:45-1:55pm |
| Med ball / weighted warm ups  1:55-2:10 | Med ball/ weighted warm ups  1:55-2:10 | Med ball / weighted warm ups  1:55-2:10 | Med ball / weighted warm ups  1:55-2:10 | Med ball / weighted warm ups  1:55-2:10 |
| **Weight room circuit or Agility Circuit**  2:10-2:30pm | **Body Weight Circuit AND Static Stretch Routine**  2:10-2:30pm | **Weight room circuit or Agility Circuit**  2:10-2:30pm | **Body Weight Circuit AND Static Stretch Routine**  2:10-2:30pm | **Weight room circuit or Agility Circuit**  2:10-2:30pm |
| Daily Fundamentals  (begin only after weight training is complete) | Daily Fundamentals  (begin only after weight training is complete) | Daily Fundamentals  (begin only after agility training is complete) | Daily Fundamentals  (begin only after weight training is complete) | Daily Fundamentals  (begin only after weight training is complete) |
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Varsity Sports Spring Daily Calendar