

## 2017 Morning Weight Class

Beginning Tuesday **January 17<sup>th</sup>** any student enrolled in the 1<sup>st</sup> block weight training class must fulfill the following:

\*Monday, Tuesday, Friday – Report ready for weight training at 6:45 am **sharp.**

\*Thursday – Report ready for skill development at 6:00 am **sharp.**

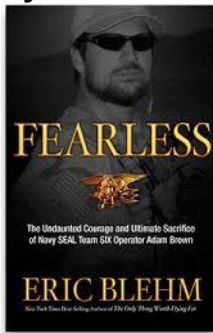
\*Wednesday – Report to the weight room for character study at 7:37 am **sharp.**

This spring the morning weight class will be working through a book that ***each student must purchase*** for the class. We will begin this on Wednesday January 25<sup>th</sup>.

The book is:

**“FEARLESS: The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator Adam Brown”**

by Eric Blehm



<http://fearlessnavyseal.com/about-the-book/>

## **STRENGTH TRAINING CLASS EXPECTATIONS**

1. You must be on time. Which means, be early. Failure to do so will result in the following:

**1<sup>st</sup> Late = 25 Burpees**

**2<sup>nd</sup> Late = 25 Burpees**

**Any Late after = 50 Burpees**

**\*\*These must be completed before you start the workout.**

**Note: You may arrive at normal school time if you have a game that day but this must be cleared with Coach Gillen, Coach Ted or Coach Lackey AHEAD OF TIME.**

2. Check the Calendar Posted in the weight room for the training schedule.
3. **If you are participating in a Cedar Cliff Varsity Sport, THAT IS YOUR FIRST PRIORITY.** You are still advised to get 3 strength training workouts per week. You have the flexibility to move them around according to your game schedule. *DO NOT ALLOW YOUR IN SEASON SPORT TO BE AN EXCUSE TO NOT GET STRONGER.*
4. This class will also require you to READ, WRITE and DISCUSS during the character development/team building component. This is for a grade and your effort/participation is a requirement of the course.
5. ADVERSITY DAYS: You will participate in adversity days. Wear clothing and shoes that you will not mind getting dirty or torn on these days. Adversity days will be posted on the training calendar in the weight room.
6. All Varsity and JV players are expected to attend skill development workouts every Thursday at 6 am in the gym. These will begin January 19<sup>th</sup>.

**ARE YOUR HABITS TODAY ON PAR WITH YOUR DREAMS OF TOMORROW??**