

**COLD SPRING HARBOR ATHLETIC DEPARTMENT**

**SUMMER FOOTBALL WEIGHT ROOM SCHEDULE**

**All Interested Athletes are encouraged to attend.**

**“Strength and Conditioning Training”**

**“Preparation and Readiness for the Season”**

- **Strength**
- **Power**
- **Speed**
- **Mental Preparation**

**DATES:**

- **JUNE 29<sup>TH</sup> 2015 THROUGH AUGUST 17<sup>TH</sup> 2015**
  - Mondays
  - Tuesdays
  - Thursdays

**TIME:**

- 8:30am to 10am (Weight Room)
- 10:00am to 11:30am (Running and Field Training)
- JV Players – 10am to 11:30am (Weight Room)

**“A COMMITMENT TO EXCELLENCE”**