



Weight Room

New Year to Spring Break Weight Training: 19 weeks

- **Testing 1**- 2 week back after New Years; **Testing 2** - week before spring break; **Testing 3** - week before Victoria Day
- 5 Growth weeks: must complete 13 days in weight room to move to next phase (two sport athletes need 8 Days)
- 5 Strength weeks: must complete 13 days in weight room to move to next phase (two sport athletes need 8 Days)
- 5 Power weeks:

QB & RB Workouts: Every Tuesday beginning Feb 26th (Sr & JV)

Lineman Sessions: Every Tuesday beginning Feb 26th (Sr & JV)

7 on 7 (QB/WR/TE/RB): Every Thursday beginning Feb 28th (Srs only)

**** ALL VARSITY PLAYERS MUST PARTICIPATE IN AT LEAST 30 WEIGHT ROOM SESSIONS FROM FEB 4TH TO MAY 26TH IN ORDER TO QUALIFY FOR THE TRIP TO ONTARIO**

January 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4.	5.
6.	7. Football Meeting 3:30 in rm# 188 Returning 10, 11, & 12 Players	8. Football Meeting 3:30 in rm# 188 New Players Going into grade 9 and 10	9. <u>3:30 Open Weight Room (all positions)</u>	10. <u>3:30 Open Weight Room (all positions)</u>	11. <u>3:30 Open Weight Room (all positions)</u>	12.
13.	14. <u>Wt. Testing</u> 3:30 All Positions <u>Lift</u>	15. <u>Wt. Testing</u> 3:30 All Positions	16. <u>Wt. Testing</u> 3:30 All Positions <u>Lift</u>	17. <u>Wt. Testing</u> 3:30 All Positions <u>Lift</u>	18. Wt. Testing 3:30 Open Weight Room (all positions)	19.
20.	21. Growth Phase 3:30 weight room • Lineman • Inside LB	22. Growth Phase 3:30 weight room • Backs • Outside LB	23. Growth Phase 3:30 weight room • Lineman • Inside LB	24. Finals A & C Block Growth Phase 3:30 weight room • Backs • Outside LB	25. Finals B & D Block 3:30 Open Weight Room (all positions)	26.
27.	28. Provincials Growth Phase 3:30 weight room • Lineman • Inside LB	29. Provincials Growth Phase 3:30 weight room • Backs • Outside LB	30. Provincials Growth Phase 3:30 weight room • Lineman • Inside LB	31. Provincials Growth Phase 3:30 weight room • Backs • Outside LB		

February 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Provincials Growth Phase 3:30 Open Weight <u>Room (all positions)</u>	2.
3.	4. Growth Phase <u>3:30 weight room</u> • Lineman • Inside LB	5. Growth Phase <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB	6. Growth Phase <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB 4:30 - QBs film	7. Growth Phase <u>3:30 weight room</u> • Backs • Outside LB	8. <u>Coaches Away</u>	9. Winterfest 10 am - 4 pm Queens Park All players to take part
10.	11. Growth Phase <u>3:30 weight room</u> • Lineman • Inside LB	12. Growth Phase <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB	13. Growth Phase <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB 4:30 - QBs film	14. Growth Phase <u>3:30 weight room</u> • Backs • Outside LB	15. Growth Phase <u>3:30 Open Weight</u> <u>Room (all positions)</u>	16.
17.	18. Growth Phase <u>3:30 weight room</u> • Lineman • Inside LB	19. Growth Phase <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB	20. Growth Phase <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB	21. Growth Phase <u>3:30 weight room</u> • Backs • Outside LB	22. Growth Phase <u>3:00 Open Weight</u> <u>Room (all positions)</u> Pro "D" day No School	23.
24.	25. Strength Phase <u>3:30 weight room</u> • Lineman • Inside LB	26. Strength Phase <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB 4:30 - Line & Backs	27. Strength Phase <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB	28. Strength Phase <u>3:30 weight room</u> • Backs • Outside LB 4:30 - 7 on 7	29. Strength Phase <u>3:30 Open Weight</u> <u>Room (all positions)</u>	

March 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3. Strength Phase <u>3:30 weight room</u> • Lineman • Inside LB	4. Strength Phase <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB <i>4:30 - Line & Backs</i>	5. Strength Phase <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB	6. Strength Phase <u>3:30 weight room</u> • Backs • Outside LB <i>4:30 – 7 on 7</i>	7. Strength Phase <u>3:30 Open Weight Room (all positions)</u>	8.
9.	10. Wt. Testing <u>3:30 weight room</u> • Lineman • Inside LB	11. Wt. Testing <u>3:30 weight room</u> • Backs & OLB <u>Running</u> • Lineman & ILB <i>4:30 - Line & Backs</i>	12. Wt. Testing <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB	13. Wt. Testing <u>3:30 weight room</u> • Backs • Outside LB <i>4:30 – 7 on 7</i>	14. Wt. Testing <u>3:30 Open Weight Room (all positions)</u>	15. <u>Spring Break Starts</u>
16.	17. Strength Phase <u>3:00 Open Weight Room (all positions)</u>	18. Strength Phase <u>3:00 Open Weight Room (all positions)</u> <i>4:00 - Line & Backs</i>	19. Strength Phase <u>3:00 Open Weight Room (all positions)</u>	20. Strength Phase <u>3:00 Open Weight Room (all positions)</u> <i>4:00 – 7 on 7</i>	21. Strength Phase Sr Bowl game – TBA	22.
23.	24. <u>Easter Monday</u> <u>No School</u>	25. <u>Statutory Holiday</u> <u>No School</u>	26. Strength Phase <u>School Reopens</u> <u>3:30 weight room</u> • Lineman & ILB <u>Running</u> • Backs & OLB	27. Strength Phase <u>3:30 weight room</u> • Backs • Outside LB <i>4:30 – 7 on 7</i>	28. Strength Phase <u>3:30 Open Weight Room (all positions)</u>	29.
30.	31. Strength Phase <u>3:30 Weight room</u> * Linemen / ILB					

April 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31. Strength Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	1. Strength Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB Running <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	2. Strength Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB Running <ul style="list-style-type: none"> • Backs & OLB 	3. Strength Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	4. Strength Phase <u>3:30 Open Weight Room (all positions)</u>	5.
6.	7. Strength Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	8. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB Running <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	9. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB Running <ul style="list-style-type: none"> • Backs & OLB 	10. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	11. Power Phase <u>3:30 Open Weight Room (all positions)</u>	12.
13.	14. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	15. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB Running <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	16. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB Running <ul style="list-style-type: none"> • Backs & OLB 	17. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	18. Power Phase <u>3:30 Open Weight Room (all positions)</u>	19.
20.	21. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	22. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB Running <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	23. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB Running <ul style="list-style-type: none"> • Backs & OLB 	24. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	25. Power Phase <u>3:00 Open Weight Room (all positions)</u> Pro “D” day No School	26.
27. 10:00-12:00 7 on 7 Spring League at Terry Fox	28. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	29. <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB Running <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	30. <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB Running <ul style="list-style-type: none"> • Backs & OLB 			

May 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	2. Power Phase <u>3:30 Open Weight Room (all positions)</u>	3.
4. 10:00-12:00 7 on 7 Spring League at WJ Mouat	5. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB 	6. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB <u>Running</u> <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	7. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB <u>Running</u> <ul style="list-style-type: none"> • Backs & OLB 	8. Power Phase <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <i>4:30 – 7 on 7</i>	9. Power Phase <u>3:30 Open Weight Room (all positions)</u> * 5:30-8:00 7 on 7 Spring League at Mercer	10.
11. Mother's Day	12. Wt. Testing <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman • Inside LB JV Equipment Issue - All Week	13. Wt. Testing <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs & OLB <u>Running</u> <ul style="list-style-type: none"> • Lineman & ILB <i>4:30 - Line & Backs</i>	14. Wt. Testing <u>3:30 weight room</u> <ul style="list-style-type: none"> • Lineman & ILB <u>Running</u> <ul style="list-style-type: none"> • Backs & OLB 	15. Wt. Testing <u>3:30 weight room</u> <ul style="list-style-type: none"> • Backs • Outside LB <u>3:30 JV Meeting</u> <i>4:30 – 7 on 7</i>	16. Curriculum Day No School Finish equipment issue	17.
18.	19. <u>Victoria Day</u> <u>No School</u>	20. Spring Camp 3:35 –JV Practice #1 Varsity – Weights	21. Spring Camp 3:35 –JV Practice #2 Varsity – Weights TBA - May Day	22. Spring Camp 3:35 –JV Practice #3 Varsity – Weights	23. Spring Camp 3:35 –JV Practice #4 Varsity – Weights	24. Hyack Parade – players to march & volunteer
25.	26. Spring Camp 3:35 –JV Practice #5 Varsity – Weights	27. Spring Camp 3:35 –JV Practice #6 3:30 – Full Varsity Team Meeting	28. Spring Camp 3:35 – Varsity # 1	29. Spring Camp 3:35 – Varsity # 2	30. 3:30 - Weight room	31.

June 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 3:30 – Varsity #3 JV Practice #7	3. 3:30 – Varsity #4 JV Practice #8	4. 3:30 – Varsity #5 JV Practice #9	5. 3:30 – Varsity #6 JV Practice #10	6. 3:30 - Spring game (JV 1) at Mercer vs Centennial & TFox	7. 1:00 - Spring game (JV 2) vs Moscrop at Mercer??? 12:00 JB & Pee wee registration
8.	9. 3:30 – Varsity #7 3:30 – JV team meeting and film	10. 3:30 – Varsity #8	11. 3:30 – Varsity #9	12. 3:30 – Varsity #10	13. Last Day of Classes 3:30 – Varsity spring game vs Centennial & Terry Fox at Coq Town Center	14.
15. Father's Day	16. Class Exams 3:00 – Full Varsity team meeting Weights - TBA	17. Class Exams	18. Provincial Exams 1:00 – Weight Room Session – handout summer weight room program	19. Provincial Exams	20. Provincial Exams	21.
22.	23. Provincial Exams	24. Provincial Exams 11:30 to 1 pm – Weights 1 - 2:30 Throwing	25. Provincial Exams 11:30 to 1 pm – Weights 1:30 - Poster shoot	26. Provincial Exams 11:30 to 1 pm – Weights 1 - 2:30 Throwing	27.	28.
29.	30.					

July 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 11:30 to 1 pm – Weights 1 - 2:30 Throwing	2. 6 - 7:30 Linemen session	3. 11:30 to 1 pm – Weights 1 - 2:30 Throwing	4. 7 on 7 Set up All day Burnaby Lake (grass fields)	5. 7 on 7 Tournament & Lineman Challenge 9 to 5 pm
6. 7 on 7 Tournament & Lineman Challenge 9 to 5 pm	7.	8. 11:30 to 1 pm – Weights	9.	10. 11:30 to 1 pm – Weights	11.	12.
13.	14.	15. 11:30 to 1 pm – Weights	16.	17. 11:30 to 1 pm – Weights	18.	19.
20.	21.	22. 11:30 to 1 pm – Weights	23.	24. 11:30 to 1 pm – Weights	25.	26.
27.	28.	29. 11:30 to 1 pm – Weights (Throwing after)	30.	31. 11:30 to 1 pm – Weights (Linemen session)		

August 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4.	5. 11:30 to 1 pm – Weights (Throwing after)	6.	7. 11:30 to 1 pm – Weights (Linemen session)	8.	9.
10.	11.	12. 11:30 to 1 pm – Weights (Throwing after)	13. 6 - 8 pm: Field & Weight Testing (Team meeting & playbooks)	14. 11:30 to 1 pm – Weights (finish testing) (Linemen session)	15.	16.
17.	18. Fall Camp begins 6 to 7:30 - practice 1 8 to 9:30 – practice 2	19. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	20. 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 5	21. 4:45 - 5:30 - Meetings & film 6 to 7:30 – practice 6 8 to 9:30 – practice 7	22. 5:45 - 6:30 - Meetings & Film 7 - 9 pm – Scrimmage JV's watch scrimmage	23.
24.	25. 4:45 - 5:30 - Meetings & film 6 - 7:30 – practice 9 8 - 9:30 - practice 10	26. 4:45 - 5:30 - Meetings & film 6 - 7:30 - practice 11 8 - 9:30 - practice 12	27. 5:45 - 6:30 - Meetings & Film 7-9 pm - practice 13	28. 7-9 pm - practice 14 (helmet & shoulder pads only) JV Scrimmage	29. 7 pm – Scrimmage?	30.