

Newport Strength & Conditioning Program Winter Sessions 2009-10



Start Date: Monday November 30, 2009

End Date: Friday February 26, 2010 – 10 weeks – 3 days/wk.

Actual Fall Session Dates (28 total): Mon. 11/30, Wed. 12/2, Fri. 12/4, Mon. 12/7, Wed. 12/9, Fri. 12/11, Mon. 12/14, Wed. 12/16, Fri. 12/18, ~~Mon. 12/21, Wed. 12/23, Fri. 12/25, Mon. 12/28, Wed. 12/30, Fri. 1/1~~, Mon. 1/4, Wed. 1/6, Fri. 1/8, Mon. 1/11, Wed. 1/13, Fri. 1/15, ~~Mon. 1/18~~, Wed. 1/20, Fri. 1/22, Mon. 1/25, Wed. 1/27, Fri. 1/29, Mon. 2/1, Wed. 2/3, Fri. 2/5, Mon. 2/8, Wed. 2/10, Fri. 2/12, ~~Mon. 2/15, Wed. 2/17, Fri. 2/19~~, Mon. 2/22, Wed. 2/24 and Fri. 2/26. **Bold Red Strikethrough** dates the weight room will be closed.

Who: Newport Out of Season Athletes (Fall and Spring Athletes)

Instructor(s): Nick Johnson and Frank Nimmo

Cost: \$50.00 - 28 x 1 hr. Training Sessions (Cost per workout = approx. \$1.78/session).

Check payable to Newport HS due when sessions begin on Mon. Nov. 30, 2009.

Session I – 3:15 PM – 4:15 PM

Session II – 4:30 PM – 5:30 PM

In-Season WR – TBD

Note: This is not a drop-in program but will involve highly structured workouts.

Sign-up in Athletic Director's Office

Detach and Return to Mr. James – Payment due by Mon. Nov. 30, 2009

Name: _____ Grade: _____

Sport(s): _____

Phone No.: _____ Email: _____

Payment \$50.00 (Due Mon. 11/30/09): Check: _____ Cash: _____

Check One: Session I (3:15-4:15 PM) _____ Session II (4:30-5:30 PM) _____