







Wildcat Summer Weights and Conditioning 2010

Schedule for Daily Workouts :(Monday, Tuesday, NO WEDNESDAY SESSION, Thursday, Friday)

PLEASE NOTE THE DAILY WORKOUTS HAVE CHANGED

The summer weight and conditioning program at De Soto High School is designed to maximize the athletic potential and ability of every participating athlete. It is based on two core lifts per day that stress multiple-joint explosive power and four auxiliary lifts that are sport-specific for each athlete. It is open to anyone currently in the De Soto High enrollment area. Due to the number of lifters and safety reasons we are inviting only those students who will be entering the 7th through 12th grades next year. This will allow for the supervisors to give more individualized instructions to all lifters. The cost is \$35 per participant. This cost covers the t-shirt, clinic, and use of the weight facility and gym access. The weight room rules and regulations are as follows:

-  **Anyone tardy will not be allowed to that session**
-  **Proper school-colored attire will be worn at all times in the weight room**
-  **No hats, earrings, bracelets, watches or accessories will be allowed in the weight room**
-  **No horseplay will be tolerated**
-  **Everyone, each session, will participate in the entire session**
-  **Everyone must attend Strength & Conditioning sessions to access the Gym**

2009 Summer Schedule

Week 1 - **Thursday, June 3rd – Friday, June 4th

Week 2 - Monday, June 7th – Friday, June 11th

Week 3 - Monday, June 14th – Friday, June 18th

Week 4 - Monday, June 21st – Friday, June 25th

Week 5 - **Monday, June 28th – Tuesday June 29th

Week 6 - **Tuesday, July 6th – Friday, July 9th

Week 7 - Monday, July 12th – Friday, July 16th

Week 8 - Monday, July 19th – Friday, July 23rd

Week 9 - Monday, July 26th – Friday, July 30th (7-8th last session)

Week 10 - **Monday, August 2nd - Tuesday, August 3rd (9th – 12th Grades Only) Testing Days *(TBA)

Daily Schedule

1st session (6:45 am – 8:00am) 10-12 Boys

Soccer /Basketball/and other one sport athletes

2nd session (7:45 am – 9:00 am) Football 10-12 Boys

3rd session (8:45 am – 10:00am) 10-12 Girls

4th session (9:45 am – 11:00 am) 7-9 Boys

5th session (10:45 am – 12:00 pm) 7-9 Girls

Contact Information

Steve Deghand, Athletic Director

Phone #: 913-667-6250

Email: sdegband@usd232.org

9th - 12th Graders in the fall of 2010

Any student attending De Soto High School is eligible for participation in the ten week program. Varsity athletes are expected to attend every day. You must fill out the attached form and return it with your check to the office at De Soto High School. You may attend any session during the day. Anyone showing up late for a session will not be allowed to participate during that session. You may return to a later session that day but tardiness will not be allowed. All session participants will wear exercise clothing that contains the school colors. Any clothing with a De Soto, LTMS, MCMS or grade school logo or wording will also be accepted. Anyone not wearing school colors or logos will be asked to leave that session. Our weight room is a source of pride for our school community and the participants will set the atmosphere for our group success. It begins with pride.

7th – 8th Graders in the fall of 2010

Any student attending Lexington Trails or Mill Creek is eligible for participation in the nine week program. Anyone planning on playing a sport next year should attend. You must fill out the attached form and return it with your check to the office at De Soto High School. You are encouraged to wear DHS colors but it is not required. Tardiness will not be tolerated with this group either.

De Soto Wildcat Speed and Strength Clinic and Summer Conditioning Sign-up Form

Name: _____ Fall Grade: ____ T-Shirt Size Adult S M L XL XXL Youth S M L XL

Address/Parent E-mail _____ Sports Played _____

Telephone _____ Dr.Name/Phone _____

2010 Summer Strength & Conditioning Program

\$ 35

(Make Check Payable to DHS Weight Program)