

SUMMER Off Season Conditioning

By Coach Porth

For: 5th thru 8th Boys that want to be a better athlete!

Purpose: To train young men to be better athletes and put in the work to be successful.

Starts Monday 6/13/22 05:30 PM until 6:30 PM.

DAYS: Monday, Wednesday and Thursday.

Duration: Until Football season starts – around August 1, 2022.

Please install the REMIND SMARTPHONE APP and REGISTER and JOIN our CLASS:

SJPII Conditioning

Class CODE: @c82gceg

FORMAT:

Check in-

Warm-up/Stretch

Agility drills/speed drills

Work outs – Calisthenics to start – light weights (age appropriate later).

Power drills/Plyometrics or throws or heavy carry later as appropriate.

Running – Sprints or Endurance or Shuttle drill.

5-minute skill teach of something athletic.

Sometimes a quick “fun” game that is also training (heart rate up).

Prayer.

Exit.

I use the REMIND APP to communicate last minute quick messages to all of you. Some examples might be that the class is canceled due to unforeseen circumstances like I am sick or weather issues or some other unforeseen issue that forces me to cancel class for the day. I know as a parent you want to know that type of information as soon as I know it so that you can adjust your plans.

UNIFORM: I desire to have some uniformity during our workouts. I ask that you try to match the uniform but no one will be turned away to work out.

NAVY SHORTS -SJPII Store.

WHITE SJP II T-SHIRT - Dry Fit works best - find at SJP II Store below

ST. JP II ATHLETIC STORE

<https://sideline.bsnsports.com/schools/texas/houston/st-john-paul-ii-catholic-school>

Running Shoes

Cleats available if we go on the field for agility/sprints/or a fun game for training.

Warm up suit when it gets cold (winter information)

Gloves for cold weather. (winter information)

Beanie cap – ditto above.

Water bottle!

Bag to store their clothes/equipment.

We will train outside and inside within the same hour.

PAYMENT/COST

It is now on ACCEPTIVA. Pay as you go. Pay for what you use. If you can't afford it, let me know – it's ok!

\$20 Day or \$50 week.

Correct Acceptiva Links -

<https://secure.acceptiva.com/?cst=b1733a>

Questions/Concerns - Please Email me - rporth@jp2.org.