



Black & Gold SPS Registration

Summer Strength & Conditioning
for Andover Central Grades **6-12 BOYS**



Black & Gold SPS Schedule

Workouts = approximately 75 min.

For 6th – 12th Central Boys

Parents – KEEP THIS SCHEDULE!!

***NOTE: July 1 – July 7 is a state-mandated (KSHSAA) moratorium for all sports and training**

NEW THIS YEAR: 9th grade student athletes will work out at 6:30 AM to 7:45 AM. NO separate 9th grade session.

Monday thru Thursday	Location: ACHS	Location: ACMS
Dates	Grades and Times	Grades and Times
June 3	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 4	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 5	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
June 6	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 10	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 11	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 12	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
June 13	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 17	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 18	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 19	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
June 20	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 24	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 25	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
June 26	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
June 27	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 1	OFF *	OFF *
July 2	OFF *	OFF *
July 3	OFF *	OFF *
July 4	OFF *	OFF *
July 8	OFF - Open Room TBA	OFF
July 9	OFF - Open Room TBA	OFF
July 10	OFF- Open Room TBA	OFF
July 11	OFF	OFF
July 15	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 16	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 17	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
July 18	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 22	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 23	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 24	9 th – 12 th gr 8:00 AM – 9:00 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 25	OFF	OFF
July 29	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 30	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM
July 31	9 th – 12 th gr 8:00 AM – 9:00 AM	OFF
Aug 1	9 th – 12 th gr 6:30 AM – 7:45 AM	6 th -8 th gr 8:15 AM – 9:30 AM