

Brownwood Lady Lion

Summer Strength and Conditioning / Skills

2025



	Mon	Tues	Wed	Thurs	
June	9	10	11	12	Week 1
June	16	17	18	19	Week 2
June	23	24	25	26	Week 3
June-July	30	1	2	3	<u>Off Week</u>
July	7	8	9	10	Week 4
July	14	15	16	17	Week 5
July	21	22	23	24	<u>Off Week</u>
July	28	29	30	31	Week 6

Girls Sessions:
Incoming 7th-12th
9:00 am-10:00 am

Location: High School Weight Room

Sport Specific Skills:

Sport Specific summer skills sessions will be scheduled and planned through the head coach of each sport. Volleyball and Basketball Skills will be in the Back Gym. **Volleyball will be Monday and Wednesday - Basketball will be Tuesday and Thursday - 8:00 am to 9:00 am.** The head coach will communicate that information specifically with the athletes of that sport.

9th-12th Cross Country Runners

July 23- First Day of Practice- TBA (Mandatory)

9th-12th Volleyball Players

August 1st- First Day of Practice- 7:00 am (Mandatory)