



COACH GAGE: chad.gage@district196.org

Welcome to SUMMER EAGAN TRAINED. By signing up for these workouts you are taking the right steps to grow physically and mentally as a student athlete. This summer you need to understand the importance of consistency, staying committed to your in-season goals, and bottom line working hard. With these three things in mind you will make gains. There will be obstacles along the way, but it is only you that will define yourself when faced with adversity to reach that goal or next benchmark.

EAGAN TRAINED CORE VALUES:

1. Serve something BIGGER than YOURSELF!
2. ATHLETES/STUDENTS united and connected
3. PMA- Positive Mental Attitude

“No ONE creates success ALONE!”

<p>SESSION #1 7:20 am-8:15 T AND TH</p> <p>CROSS COUNTRY (6 WEEKS) \$125</p>	<p>SESSION #2 8:00 am-9:30 M, T, and TH's</p> <p>Middle School CAMP A (6 WEEKS)</p>	<p>SESSION #3 9:00 am-10:30 M-T-W-TH</p> <p>HIGH SCHOOL GIRLS (7 WEEKS)</p>	<p>SESSION #4 10:00 am-11:40 M-T-W-TH</p> <p>HIGH SCHOOL BOYS (7 Weeks)</p>	<p>SESSION#5 11:30 am-12:40 M, T, and TH's</p> <p>Middle School CAMP B (6 WEEKS)</p>	<p>SESSION#6 12:30-1:45 T and Th</p> <p>4th and 5th Graders Camp C (6 WEEKS)</p>
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<p>ELEMENTARY TRAINING (4th and 5th GRADERS) GROUND ZERO 1 SESSION 6 June 10th-July 24th T's and TH's \$150</p> <p>MIDDLE SCHOOL TRAINING (6TH-8TH GRADERS) GROUND ZERO 2 SESSION 2 and 5 June 9th- July 24th M-T-TH (\$175)</p> <p>SIGN UPS ARE OPEN THROUGH: Community Ed. NO TRAINING June 18th July 4th-July 7th</p>	<p>HIGH SCHOOL TRAINING (9th-12th GRADERS) SPEED AND STRENGTH TRAINING Session 1 Starts June 10th Ends July 24th (6 WEEKS) \$125</p> <p>Sessions 3 and 4 Starts June 9th- Ends Aug. 1st (7 WEEKS) \$175</p> <p>SIGN UPS ARE OPEN THROUGH: EduTrack NO TRAINING June 18th July 4th-July 7th</p>	<p>ET PURPOSE DRIVEN TO CREATE: HABITS, DISCIPLINE, RELATIONSHIPS, TRUST, and a COMMON BOND between athletes, coaches, and students at EAGAN HS! Keeping kids injury free is key to our success!</p> <p>DAILY ROUTINE:</p> <ol style="list-style-type: none"> 1. SPEED TRAINING CAT DRILLS- TIMING SPRINT: RECORD-RANK-PUBLISH 2. AGILITY AND PLYOS Learn to jump and move fast in multiple directions! 3. STRENGTH AND POWER Needs will be met through a system of progressions and regressions for each student and the level they are at. <p>EXAMPLES: Explosive lifts, Core lifts, Mobility, Ant- Extension, Anti-Rotation, Posterior and Anterior Chain, Mobility</p> <p><small>*CFSC CERTIFIED</small></p>
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*Sessions are subject to change based on the number of athletes/students signed up. We will start everyday on the JV Turf. Tuesdays on the track. On rainy days we will be inside for speed work.

“TRAIN TOGETHER- STAY TOGETHER”