

Godley Lady Cat Summer Workouts 2026
Incoming 7th - 12th Grade



Session #1: June 8th - June 11th	Monday-Thurs
Session #2: June 15th - June 18th	Monday-Thurs
Session #3: June 22nd - June 25th	Monday-Thurs
* Mid-Summer Break - All Sports - June 29 - July 4 *	
Session #4: July 6th - July 9th	Monday-Thurs
Session #5: July 13th - July 16th	Monday-Thurs
Session #6: July 20th - July 23rd	Monday-Thurs

Workout Hours

- 9:00 - 10:00 - Strength & Conditioning - HS Weight Room
- 10:15 - 11:15 - Sport Specific Skill Training (*see schedule below*)

Enter and Exit

- Front of Godley HS - (ALL Athletes 7 - 12 Grade) - Meet on HS baseball Field

Physicals:

- All athletes entering 7th, 9th, and 11th grade, ***MUST HAVE*** an updated physical. Forms will be through rank one on the link below (Link will become active the week of April 27) . (All incoming 7th graders will need a physical before they can workout during the summer.)

<https://godleyisd.rankone.com/Pro/Login.aspx>

Sport Specific Skill Training

			
<u>Basketball</u>	<u>Volleyball</u>	<u>Softball</u>	<u>Cross Country</u>
Mon / Wed	Tues / Thurs	Wed	Monday - Thursday
10:15 - 11:15	10:15 - 11:15 <u>7th - 8th</u>	10:15 - 11:15	Session #3, #4, #5 Only 8:00 - 9:00
Grade 7th-12th	11:15 -12:15 <u>9th - 12th</u>	Grades 7th-12th	Grades 7th-12th
HS Gym	HS Gym	HS Softball Field	HS Baseball Field