

Hickory High School Football

Weight Training and Conditioning

The football team will begin weight training and conditioning for the 2011 season on Wednesday, Dec. 1st from 4:00pm until 5:00pm. This will be the start of our **BIGGER, FASTER, STRONGER** weight training program, which will be broken up into 5 cycles.

0 Cycle - Dec. 1st through Dec. 20th (Cross- Fit) * **Returning players only.**

Cycle 1 - Jan. 5th through Feb. 24th (8-weeks)

Cycle 2 - Feb. 28th through April 14th (7 weeks)

Cycle 3 - April 25th through June 2nd (6 weeks)

"IRONHAWK" Contest - June 7th

Cycle 4 - June 20th through July 21st (4 weeks)

Days and times for the sessions are as follows:

Mondays, Wed. and Thursdays for **0 Cycle** starts at 4pm and ends at 5pm.

***All other Cycles *(These will vary from cycle to cycle.)**

Mondays, Wed. and Thursdays 4:00 pm until 6:00pm.

***Make-up days/ Thursday** mornings 7:00am until 8:00am.

TEAM

Cut and return the bottom portion to the football coaching staff.

I, _____, (Parent or guardian signature.)

give permission for my child _____

to participate in the weight training and conditioning program at Hickory High School.

He has a current Virginia High School League Physical on file at the school.

I, _____, (Student signature.)

will attend and participate in all weight training sessions. If I have to be absent, I will

talk to Coaches about the absence in advance, and make up session will be

scheduled.