

JULY 2010

PERFORMANCE

| Monday | tuesday | wednesday | thursday | friday | | | | | |
|-----------------------------------|---------|-------------------------|--------------------------------------|-----------------------------------|----|---------------------------------|----|-------------------------|----|
| | | | day 182 | 1 day 183 | | | | | |
| | | | Athletic Department Dead Week | | | | | | |
| day 186 | 5 | day 187 | 6 | day 188 | 7 | day 189 | 8 | day 190 | 9 |
| 7:30 - B. Soccer | | | | 7:30 - B. Soccer | | | | | |
| 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | | |
| 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | | |
| 10:30 - G. Basketball, Baseball | | 12:00 - B. Basketball | | 10:30 - G. Basketball, Baseball | | 10:30 - Fresh. Football | | 10:30 - Fresh. Football | |
| | | | | Fresh. Football | | | | | |
| | | | | 11:00 - B. Basketball | | 11:00 - Softball, Volleyball | | 11:00 - B. Basketball | |
| | | | | 1:00 - Volleyball | | 12:00 - B. Basketball | | | |
| | | | | | | | | | |
| day 193 | 12 | day 194 | 13 | day 195 | 14 | day 196 | 15 | day 197 | 16 |
| 7:30 - B. Soccer | | | | 7:30 - B. Soccer | | | | | |
| 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | | |
| 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | | |
| 10:30 - Baseball, Fresh. Football | | 10:30 - Fresh. Football | | 10:30 - Baseball, Fresh. Football | | 10:30 - Fresh. Football | | | |
| 11:00 - Softball | | | | 11:00 - Softball | | 11:00 - Softball | | | |
| 2:00 - Volleyball | | 2:00 - Volleyball | | 2:00 - Volleyball | | 2:00 - Volleyball | | | |
| | | | | | | | | | |
| day 200 | 19 | day 201 | 20 | day 202 | 21 | day 203 | 22 | day 204 | 23 |
| 7:30 - B. Soccer | | | | 7:30 - B. Soccer | | | | | |
| 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | | |
| 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | | |
| 11:00 - Softball, V. Volleyball | | 11:00 - V. Volleyball | | 11:00 - Softball, V. Volleyball | | 11:00 - Softball, V. Volleyball | | | |
| 2:00 - JV Volleyball | | 2:00 - JV Volleyball | | 2:00 - JV Volleyball | | 2:00 - JV Volleyball | | | |
| 3:00 - JV/V Football | | 3:00 - JV/V Football | | 3:00 - JV/V Football | | 3:00 - JV/V Football | | | |
| 5:30 - Fresh. Football | | 5:30 - Fresh. Football | | 5:30 - Fresh. Football | | 5:30 - Fresh. Football | | | |
| | | | | | | | | | |
| day 207 | 26 | day 208 | 27 | day 209 | 28 | day 210 | 29 | day 211 | 30 |
| 7:30 - B. Soccer | | | | 7:30 - B. Soccer | | | | | |
| 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | 10:00 - Speed & Agility | | | |
| 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | 10:45 - Lift | | | |
| 10:30 - Fresh. Football | | 10:30 - Fresh. Football | | 10:30 - Fresh. Football | | 10:30 - Fresh. Football | | | |
| 11:00 - Softball, Volleyball | | 11:00 - Volleyball | | 11:00 - Softball, Volleyball | | 11:00 - Softball, Volleyball | | | |
| 3:00 - JV/V Football | | 3:00 - JV/V Football | | 3:00 - JV/V Football | | 3:00 - JV/V Football | | | |

Valor Performance Program - Summer

Our expectation is that all Valor athletes get 4 days of Performance Training in every week of the summer, excluding the Athletic Department Dead Week of June 28-July 2. If on any given day you have a team practice you will lift as a team directly before or after your practice, whichever is designated on the calendar. Depending on how many practices you have that week, you may need to come in on your own to get your remaining workouts in. To get these lifts in you can choose to come in during any of the times listed on the calendar for that given day. Speed and Agility Development will be offered at 10:00am Monday through Thursday with a lift directly following - This is highly recommended on the days you don't have practice.