

# LOBO



# TRAINING

SUMMER

2022

# LOBO ATHLETICS SUMMER TRAINING SCHEDULE 2022

## SUNDAY

## JUNE

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
	<b>MEMORIAL DAY</b>	<b>WORK OUT # 1</b> 8:00 - MALE (HS ONLY) 10:00 - FEMALE (HS ONLY)		<b>WORK OUT # 2</b> 8:00 - MALE (HS ONLY) 10:00 - FEMALE (HS ONLY)		
05	06	07	08	09	10	11
	<b>WORK OUT # 3</b> 8:00 - MALE (HS ONLY) 10:00 - FEMALE (HS ONLY)	<b>WORK OUT # 4</b> 8:00 - MALE (HS ONLY) 10:00 - FEMALE (HS ONLY)		<b>WORK OUT # 5</b> 8:00 - MALE (HS ONLY) 10:00 - FEMALE (HS ONLY)		
12	13	14	15	16	17	18
	<b>WORK OUT # 6</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	<b>WORK OUT # 7</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		<b>WORK OUT # 8</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		
19	20	21	22	23	24	25
	<b>WORK OUT # 9</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	<b>WORK OUT # 10</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		<b>WORK OUT # 11</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		
26	27	28	29	30	01	02
	<b>WORK OUT # 12</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	<b>WORK OUT # 13</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		<b>WORK OUT # 14</b> 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		
03	04	05	06	07	08	09

# LOBO ATHLETICS SUMMER TRAINING SCHEDULE 2022

## JULY SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	0
03	04	05	06	07	08	0
	CLOSED	CLOSED	WORK OUT # 15 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		WORK OUT # 16 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	
10	11	12	13	14	15	1
	WORK OUT # 17 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	WORK OUT # 18 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		WORK OUT # 19 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		
17	18	19	20	21	22	2
CLOSED THSCA CONVENTION	CLOSED THSCA CONVENTION	CLOSED THSCA CONVENTION	WORK OUT # 20 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)		WORK OUT # 21 8:00 - MALE (HS&MS) 10:00 - FEMALE (HS&MS)	
24	25	26	27	28	29	3
	LOBO FOOTBALL CAMP GRADES 1-9 8:00 WORK OUT # 22	LOBO FOOTBALL CAMP GRADES 1-9 8:00 WORK OUT # 23	LOBO FOOTBALL CAMP GRADES 1-9	PARENT MEETING - 6PM LOBO FB 8:00 WORK OUT # 24		
31	01	02	03	04	05	0

# GUIDELINES FOR SUMMER PROGRAM

1. Athletes should check in on-line at <https://w3.lisd.org/athletics/> and answer the COVID-19 screening questions. If a student answers “YES” to any question, they should stay home and follow the Summer S&C Guidelines as listed. Athletes that record a temperature > 100 degrees Fahrenheit will be sent home.
2. Athletes will not have access to locker rooms.
3. Athletes should come dressing in proper attire. Indoor and Outdoor footwear is recommended.
4. Athletes should bring a labeled bottle for hydration. No sharing!
5. Athletes will be placed in work-out groups or cohorts for strength and conditioning and sport specific skill work.
6. Athletes should arrive 30 minutes BEFORE training session for check in

◆ **Session # 1—8:00am—Male Athletes (grades 7-12 fall 2022)**

◆ **Session # 2—10:00am—Female Athletes (grades 7-12 fall 2022)**

6. Work-outs will be conducted on Monday, Tuesday and Thursday with a few exceptions due to closures.
7. MS Athletes in grades 7-8 for the fall of 2022 will have a six week training schedule beginning June 13th. Incoming freshmen (Class of 2026) will follow the HS training schedule which begins on May 31st.

## LOBO STRENGTH AND CONDITIONING

Longview ISD employs a full-time Strength and Conditioning (S&C) coach to work with all athletes from grades 7-12. Your opportunity to become a better athlete and competitor is at your finger tips and **COSTS YOU NOTHING!!!!**

The LISD Summer Strength and Conditioning Program is available to all LISD students that will be entering grades 7-12 for the 2022-2023 school year. In addition to the summer work-outs, the LISD Food Service Department will provide free meals to all students after their training session