



ITOWNPREP

Monday / Friday Sample Schedule

9:00 AM ACADEMICS

Study Tables
Guided Study Time

11:30 AM LUNCH

12:30 PM ATHLETIC TRAINING

Talk / Motivation Time w/Coach Jody
Agility Training
Footwork
Conditioning

1:15 PM HYDRATION BREAK

1:30 PM FITNESS TRAINING

Hand/Eye Coordination Drills
Reaction Drills
Cone Drills

2:15 PM HYDRATION BREAK

2:30 PM SPORT INTRODUCTIONS

Specific Sport Development
Weather Appropriate
Focused Training

3:00 PM PREPARE FOR DISMISSAL

3:30 PM DISMISSAL

GRADES 1-4



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Footwork
Conditioning

1:15 PM HYDRATION BREAK

1:30 PM STRENGTH & FITNESS TRAINING

Weights
Circuit Training
Timed Drills

2:15 PM HYDRATION BREAK

2:30 PM SPORT DEVELOPMENT

Sport-Specific
Weather Appropriate
Focused Training

3:00 PM PREPARE FOR DISMISSAL

3:30 PM DISMISSAL

GRADES 5-8



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1:15 PM HYDRATION BREAK

1:30 PM STRENGTH & FITNESS TRAINING

Weights
Circuit Training
Timed Drills

2:15 PM HYDRATION BREAK

2:30 PM SPORT DEVELOPMENT

Sport-Specific
Tailored Exercises
Focused Training

3:00 PM PREPARE FOR DISMISSAL

3:30 PM DISMISSAL

GRADES 9-12