



SUMMER J.A.C. JAGUAR ATHLETES COURSE



PURPOSE

J.A.C. is a seven week strength and conditioning program designed to develop the comprehensive skills required for athletes at all levels. The program will consist of training in the following areas:

- Age appropriate strength training focusing on functional movement and technique.
 - Flexibility and mobility training.
- Explosive development to improve quickness and change of direction.
 - Straight line speed training.
- Improvement of overall conditioning levels.

GOAL

The J.A.C. training program is designed to improve the overall strength, speed and conditioning levels of each athlete to appropriately prepare them for their sport. Research indicates that a technically sound strength and conditioning program will significantly decrease the risk of injury. The program will also develop confidence both physically and mentally for every athlete who regularly attends the program.

DATES

June 7th – June 10th (Week 1) June 14th – June 17th (Week 2) June 21st – June 24th (Week 3)

June 28th – July 1st (Week 4) July 12th and July 15th (Week 5) July 19th – July 22nd (Week 6)

*No workouts July 5th - July 8th

SESSIONS

**(Sessions I, II & III will be located at FMHS)*

Session I – Varsity & JV Football group - Grades 10-12

7:30 – 8:15 a.m. (Weight Room) 8:15 – 9:00 a.m. (Agility/Speed training) 9 – 9:45 a.m. (Football skills training)*

Session II – Freshman Football group - Grade 9

8:15 – 9 a.m. (Weight Room) 9 – 9:45 a.m. (Agility/Speed training) 9:45 – 10:30 a.m. (Football skills training)*

Session III – HS Boys/HS Girls (All sports) - Grades 9-12

9-9:45 a.m. (Weight Room) 9:45 – 10:30 a.m. (Agility/Speed training)

**(Sessions IV & V will be located at Forestwood Middle School)*

Session IV – 8th grade Boys (All sports)

7:30 – 8:15 a.m. (Weight Room) 8:15 – 9:00 a.m. (Agility/Speed training/Football skills*)

Session V – 7th grade Boys (All sports)

9-9:45 a.m. (Weight Room) 9:45 – 10:30 a.m. (Agility/Speed training/Football skills*)

**(Sessions VI & VII will be located at McKamy Middle School)*

Session VI – 8th grade Girls (All sports)

7:30 – 8:15 a.m. (Weight Room) 8:15 – 9:00 a.m. (Agility/Speed training)

Session VII – 7th grade Girls (All sports)

9-9:45 a.m. (Weight Room) 9:45 – 10:30 a.m. (Agility/Speed training)

Summer JAC Cost: \$100

additional \$50 for athletes doing football skills

All registration will be done online: bit.ly/summerjac2021

**All athletes will need to have a renewed physical before attending JAC*

**All athletes will be responsible to bring a water bottle everyday (we will provide contactless refill stations).*

**JAC will continue to follow all district provided COVID guidelines.*