



# SUMMER J.A.C. JAGUAR ATHLETES COURSE



## PURPOSE

J.A.C. is a six 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 5<sup>th</sup> – June 8<sup>th</sup> (Week 1)    June 12<sup>th</sup> – June 15<sup>th</sup> (Week 2)    June 19<sup>th</sup> – June 22<sup>nd</sup> (Week 3)

June 26<sup>th</sup> – June 29<sup>th</sup> (Week 4)    July 10<sup>th</sup> and July 13<sup>th</sup> (Week 5)    July 17<sup>th</sup> – July 20<sup>th</sup> (Week 6)

\*No workouts July 3<sup>rd</sup> - July 6<sup>th</sup>

## 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 2 days per week)\*

### **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 2 days per week)\*

### **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 McKamy 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 2 days per week\*)

### **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 2 days per week\*)

*(Sessions VI & VII will be located at Forestwood 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: \$150**

**All registration will be done online: [bit.ly/summerjac23](https://bit.ly/summerjac23)**

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

