

VIII. Weight Training and the Practice Schedule

All of our players are enrolled in a weight training class.

PRE-SEASON AND POST-SEASON LIFTING:

- Monday/Thursday – upper body
- Tuesday/Friday – lower body
- Wednesday – Plyometrics

IN-SEASON (MAINTENANCE LIFTING PROGRAM):

- Monday – upper body
- Tuesday – lower body
- Wednesday – Plyometrics
- Thursday – “Reading Giants” (We visit the elementary schools)

If you are not fortunate enough to have weight training built into your curriculum, your choice is to either lift before or after practice.