



# Glacier Wolfpack Summer CORE Program 2017



Directed by GHS Coaches

**Program Goal:** To help athletes commit to the Glacier athletic department **CORE** values and expectations:

**Compete** **O**utwork **R**espect **E**xcel

**Mission:** Glacier High School believes in providing the opportunity for all Wolfpack athletes to raise their individual fitness level, challenging athletes to excel, and promoting a unified athletic department.

**Who:** All current and future Glacier High Wolfpack student athletes entering grades 8-12

**Where:** Glacier High School gymnasium, weight room, wrestling room and football field

**When:** June 12 - August 3

**Days:** Mon, Tues and Thurs mornings

**Time:** CORE=6:25-8:15am NEW PACK=8:00-9:15am

**Cost:** Free

**Physical Night:** May 30 - 5:15 - 7:00 PM @ GHS

*Athletes will use the following schedule for the workout program best suited for their individual fitness goals:*

Explosive Power Group		Speed/Strength Group	
6:20am	Weight Room Station 1	6:00am	Open Gym
6:50am	Weight Room Station 2	7:00am	Warm-up Begins
7:10am	Wrestling Room	7:10am	Plyos / Speed and Agility
7:30am	Plyometrics	7:40am	Break
7:50am	Speed and Agility	7:45am	Weight Room
8:10am	Break	8:15am	End
8:15am	After Afters	8:15am	After Afters
<b>NEW PACK</b>			
<b>June 12 –July 10</b>			
8:00am	New Pack - Start		
9:15am	New Pack - End		
<b>July 10 – August 3</b>			
All New Pack will join regular CORE and follow above schedules			

**TO REGISTER complete the form at the following link:**

<http://goo.gl/forms/5n1vkDzufh>

