

EASTERN REGIONAL HIGH SCHOOL

MEMORANDUM

SUMMER 2018 PROGRAM SCHEDULE

BOYS BASKETBALL

Open Gym

Tuesdays & Thursdays
July 19th to August 2nd
2:00 – 3:30 pm @ Gym 4

Early A.M. Workouts

Mondays & Wednesdays
July 9th to August 1st
7:00 – 8:30 am @ Gym 4

GIRLS BASKETBALL

Open Gym

Mondays, Tuesdays, & Thursdays
June 18th to August 9th
(OFF WEEKS OF 6/25 & 7/2)
10:00 am – 12:00 pm @ Gym 1

CROSS COUNTRY

Summer Runs & Workouts

Tuesdays, Wednesdays, & Thursdays
July 10th to August 9th
8:00 – 9:00 am = Running
9:00 – 9:30 am = Weight Room

FIELD HOCKEY

Training Sessions

July 2nd, 9th, & 11th ----- 9:30 am – 11:30 am
July 16th & 18th ----- 4:00 pm – 6:00 pm
All Workouts @ McAleer Stadium

FOOTBALL

Upperclassmen Training Sessions

Mondays, Tuesdays, & Thursdays
June 20th to July 26th (OFF WEEKS OF 7/3)
4:00 – 5:00 pm = Weight Room
5:00 – 7:00 pm = Workout (Grass/Turf)

Freshman Training Sessions

Mondays, Tuesdays, & Thursdays
July 9th to August 2nd
4:00 – 5:00 pm = Workout (Grass/Turf)
5:00 – 6:00 pm = Weight Room

BASEBALL

Training Sessions

Mondays, Wednesdays, & Fridays
July 9th to August 10th
1:00 – 4:00 pm @ Varsity Baseball Complex

BOYS SOCCER

Training Sessions

Tuesdays & Thursdays
July 3rd to August 2nd
6:00 – 8:30 pm @ Soccer/LAX Lower Turf

GIRLS SOCCER

Training Sessions

June 25th to August 2nd
8:00 am to 10:00 am @ Soccer/LAX Lower Turf
Mondays & Wednesdays = Strength & Agility
Tuesdays & Thursdays = Fitness & Scrimmages

VOLLEYBALL

Training Sessions

July 16th to August 10th
Mondays, Wednesdays, & Fridays = Strength & Cond.
7:00 – 8:30 am @ Gym 1
Tuesdays & Thursdays = Agility Training
6:30 – 9:00 pm @ Gym 4

WRESTLING

Open Workouts

Mondays through Thursdays
July 9th to August 2nd
6:00 – 9:00 pm @ Gym 3

CHEERLEADING

Training Sessions

Tuesdays
June 19th to August 7th
10:00 am – 12:00 pm @ Main Foyer / 20 Cafe

WEIGHT TRAINING HOURS

Mondays, Tuesdays, & Thursdays
June 25th to August 2nd @ Weight Room

AM HOURS = 7:15 - 8:45 am

PM HOURS = 3:00 – 5:30 pm

ATHLETIC TRAINER HOURS

Treatment & Rehab

July 2nd, 6th, 9th, 11th, 13th, 16th, 18th, 20th, 23rd, & 25th

BY APPOINTMENT ONLY:

cchristy@eccrsd.us

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FALL 2018 FIRST PRACTICE DATES

BOYS CROSS COUNTRY

Monday August 13th, 2018 – McAleer Stadium (track) – 8:00 am

GIRLS CROSS COUNTRY

Monday August 13th, 2018 – McAleer Stadium (track) – 8:00 am

FIELD HOCKEY

*Monday August 13th, 2018 – Girls Team Locker Room – 8:00 am
Practice to follow @ McAleer Stadium*

FOOTBALL

*Wednesday August 8th, 2018 – Football Locker Room – 3:30 pm
Practice to follow @ McAleer Stadium*

BOYS SOCCER

Monday August 13th, 2018 – Soccer/Lacrosse Complex – 8:00 am

GIRLS SOCCER

Saturday August 11th, 2018 – Soccer/Lacrosse Complex – 8:00 am

GIRLS TENNIS

Tuesday August 14th, 2018 – Tennis Courts – 9:00 am

GIRLS VOLLEYBALL

Monday August 13th, 2018 – Gym 1 – 9:00 am

FALL CHEERLEADING

Thursday August 9th & Friday August 10th, 2018 – Gym 2 – Time TBD

FOR COMPLETE SCHEDULES,

PLEASE VISIT WWW.EASTERNVIKINGS.ORG

AND/OR DOWNLOAD THE BIGTEAMS APP ON YOUR SMART PHONE OR MOBILE DEVICE