

Silver Eagles Football Strength Training

EXPECTATIONS

*All members of the Monona Grove Football Program will be required to attend all “Strength Sessions”. If you are unable to attend for any reason, you will be required to call the football office @ 221-7666 ext. 2263, email Coach Stassi at michael.stassi@mgschools.net, or speak to a coach in person.

*All members participating in a winter or spring sport will be required to attend all “Morning Club” sessions. If you are unable to attend for any reason, you will be required to call the football office @ 221-7666 ext. 2263, email Coach Stassi at michael.stassi@mgschools.net, or speak to a coach in person.

*Please arrive to your morning or afternoon session promptly and be prepared to work! Please work consistently throughout your sessions limiting your rest time to 3 minutes between sets.

*Work in groups! Motivate each other while holding each other accountable for 100% effort!

*Record your weights of your last set and circle it if you complete your set. Increase weight if you successfully complete a set.

*Your programs will be checked weekly to monitor your progress.

Weekly Program Plan

1 Day Week	Complete Workout A or B
2 Day Week (Morning Club)	Complete Workout A and B
3 Day Week (Morning Club)	Complete Workout A, B and A or B
4 Day Week	Complete Workout A and B and A, B or C (pick 2)
5 Day Week	Complete Workout A and B and A and B and C

***Morning Club begins at 6:30 am (Check Calendar for Session Days)**

***Afternoon sessions will begin at 3:30 pm (Check Calendar for Session Days)**

*When arriving at any session, please check in with the supervisor where attendance will be recorded daily.

CHAMPIONSHIPS are EARNED!!

EARN your CHAMPIONSHIP EVERYDAY!!



Monona Grove Football Winter Training

**November
2011**

MORNING CLUB & Daily Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Equipment Turn-In	3	4	5
6	7	8 ½ Day	9	10	11 Veterans Day	12 Hockey
13	14 <i>Strength Training Begins</i>	15 <i>Strength Training</i>	16 <i>Strength Training</i>	17 <i>State Football</i>	18 <i>State Football</i>	19
20	21 PTC <i>Strength Training</i>	22 Hockey <i>Strength Training</i>	23 <i>No School</i>	24 <i>No School</i> Thanksgiving Day	25 <i>No School</i> B-Ball	26
27	28 <i>Strength Training</i> MORNING CLUB	29 B-Ball Hockey <i>Strength Training</i>	30 <i>Strength Training</i> MORNING CLUB			

***Sign Up for Christmas Tree Sales!**



Monona Grove Football Winter Training

**December
2011**

MORNING CLUB & Daily Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Strength Training	2 Strength Training MORNING CLUB	3 B-Ball Hockey
4	5 Hockey Strength Training	6 Strength Training MORNING CLUB	7 Strength Training	8 Strength Training MORNING CLUB	9 B-Ball Strength Training	10 B-Ball Hockey Football BANQUET 11:00
11	12 Strength Training MORNING CLUB	13 Hockey Strength Training	14 Strength Training MORNING CLUB	15 Hockey Strength Training	16 Strength Training MORNING CLUB	17 B-Ball
18	19 Strength Training MORNING CLUB	20 B-Ball Hockey Strength Training	21 Strength Training MORNING CLUB	22 ½ Day B-Ball	23 Winter Break	24 Winter Break
25 Christmas	26 Christmas Day Observed	27 Winter Break Hockey	28 Winter Break Hockey	29 Winter Break B-Ball Hockey	30 Winter Break B-Ball	31 Winter Break

***Sign Up for Christmas Tree Sales!**



Monona Grove Football Winter Training

**January
2012**

MORNING CLUB & Daily Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year Day Winter Break	2 Winter Break	3 Strength Training MORNING CLUB	4 Strength Training	5 Hockey Strength Training MORNING CLUB	6 B-Ball Strength Training	7 B-Ball Hockey
8	9 Strength Training MORNING CLUB	10 Strength Training	11 Strength Training MORNING CLUB	12 Strength Training MORNING CLUB	13 B-Ball Strength Training	14
15	16 No School M L King Day	17 Hockey Strength Training MORNING CLUB	18 Strength Training	19 Strength Training MORNING CLUB	20 Exams Hockey	21 B-Ball Hockey
22	23 Exams	24 Exams Hockey	25 ½ Day	26 Strength Training MORNING CLUB	27 B-Ball Strength Training	28
29	30 Strength Training MORNING CLUB	31 B-Ball Strength Training				



Monona Grove Football Winter Training

**February
2012**

MORNING CLUB & Daily Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Strength Training MORNING CLUB	2 Strength Training MORNING CLUB	3 B-Ball Hockey Strength Training	4
5	6 Hockey Strength Training MORNING CLUB	7 B-Ball Strength Training	8 Strength Training MORNING CLUB	9 Strength Training MORNING CLUB	10 Hockey Strength Training	11 B-Ball Hockey
12	13 Strength Training MORNING CLUB	14 B-Ball Hockey Strength Training	15 Strength Training MORNING CLUB	16 Hockey Strength Training	17 Strength Training MORNING CLUB	18
19	20 President's Day Strength Training MORNING CLUB	21 B-Ball Strength Training	22 Strength Training MORNING CLUB	23 ½ Day B-Ball	24 No School	25
26	27 Strength Training MORNING CLUB	28 B-Ball Strength Training	29 ½ Day			

