



St. Vincent Sports Performance

August- May 2010 Schedule (Northwest Location)

MANDATORY PARENT MEETING & ATHLETE ASSESMENT BEFORE a new athlete may start a session

Training Description	Time	Days	Location
6-8 Grade Functional Strength & Power for Sports	4pm-5pm	Monday/ Wednesday	SVSP-NW
6-8 Grade Functional Strength & Power for Sports	6pm-7pm	Monday/ Wednesday	SVSP-NW
6-8 Grade Functional Strength & Power for Sports	5pm-6pm	Tuesday/ Thursday	SVSP-NW
6-8 Grade Functional Speed & Agility for Sports	5pm-6pm	Monday/ Wednesday	SVSP-NW
6-8 Grade Functional Speed & Agility for Sports	4pm-5pm	Tuesday/ Thursday	SVSP-NW
9-12 Grade Functional Strength & Power for Sports	5:30pm-7pm	Monday/ Wednesday	SVSP-NW
9-12 Grade Functional Strength & Power for Sports	4pm-5:30pm	Tuesday/ Thursday	SVSP-NW
9-12 Grade Functional Strength & Power for Sports	7pm-8:30pm	Tuesday/ Thursday	SVSP-NW
9-12 Grade Functional Speed & Agility for Sports	4pm-5:30pm	Monday/ Wednesday	SVSP-NW
9-12 Grade Functional Speed & Agility for Sports	7pm-8:30pm	Monday/ Wednesday	SVSP-NW
9-12 Grade Functional Speed & Agility for Sports	5:30pm-7pm	Tuesday/ Thursday	SVSP-NW
6-8 Grade Session	9:30am-10:30am	Saturday	SVSP-NW
9-12 Grade Session	8am-9:30am	Saturday	SVSP-NW
9-12 Grade Session	10:30am-noon	Saturday	SVSP-NW
Assessments/Testing	6pm-7pm	Monday/Thursday	SVSP-NW
Assessments/Testing	Noon-1pm	Saturday	SVSP-NW

Call 415-5747 to Define Yourself!

sportperformance.stvincent.org



St. Vincent
Sports Performance

DEFINING SPORTS PERFORMANCE