



CHS Summer Training Program

Sport specific training for all students & athletes entering grades 7-12

Instructors:

Chris Ciccone, Nicole Conte, Chris Dedrick, Joe DeNisio, Courteny Hotaling, Chris Hosley, Greg Jette, Ryan Jones, Scott LaMora, Chris LeGare, Tom Libardi, Sean Leggett, Kevin Leyhane, Brian Lussier, Jim Obermayer, John Rivera, Tyler Rose, Curtis Sankey, Deanna Shattuck, Brandon Wagner

Dates:

July: 9, 10, 11, 16, 17, 18, 23, 24, 25, 30, 31

August: 1

Meeting Times:

6:30-8:00am & 6:00-7:30pm each day

Overview & Purpose

The Columbia athletic staff is running an organized summer fitness program for all students & athletes entering grades 7-12 prior to the start of pre-season in August.

Activity

Each session will be 90 minutes in duration and broken into three parts: Lifting, Agility & Mobilization.

Sign-Up Information

Please [register](#) on the CHS athletic web page to guarantee your spot. If you have any further question please call the athletic office at 518-207-2080 or email

leggettse@egcsd.org