



# CHS Summer Strength and Conditioning Program

*\*Sport specific training for all students & athletes entering grades 8-12\**

## Instructors:

Thomas Libardi, Sean Leggett, Nicole Conte, Courteny Hotaling, Luke Ackerman,  
Jake Preston, Nora Wakley, Ryan Jones

## Dates:

**July:** 5th-7th, 11th-14th, 18th-21st, 25th-28th

**August:** 1st-4th, 8th-11th

## Meeting Times:

8:00AM-11:00AM, 3:00PM-6PM(No Thursday afternoon sessions)

## Location & Contact Info

CHS Weight Room

[libardith@egcsd.org](mailto:libardith@egcsd.org) (Sign up with your coach for time slot or contact coach Libardi)

## **Overview & Purpose**

In coordination with the Columbia athletic staff and EGCSD Wellness Coordinator Thomas Libardi, CHS will be conducting an organized summer strength and conditioning program. This program will be open to all athletic teams and any student entering grades 8-12 in the EGCSD.

## **Activity**

Each team session will consist of a dynamic warm up and a sports specific program that will help build a better foundation for strength and conditioning. There will also be open time slots available for students not participating in a team sport. These students will be provided an individualized program that they can follow on their own.