



## **2011 – 2012 ACADEMY PROGRAM TRAINING SCHEDULE**

### **DIRECTOR: KEN BOLEK**

**\*\*Please note this schedule is subject to change\*\***

#### **Fall / Winter**

##### **Monday, Wednesday, and Friday**

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1:30 PM	Report to Academy Park Complex
1:45 PM – 2:15 PM	Stretch / Speed and Agility Program
2:15 PM – 2:30 PM	Throwing Program
2:30 PM – 4:15 PM	Team Workout
4:30 PM – 5:30 PM	Session 1: Strength Program (IPI Weight Room)
5:30 PM – 6:30 PM	Session 2: Strength Program (IPI Weight Room)

##### **Tuesday**

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1:30 PM	Report to Academy Park Complex
1:45 PM – 2:15 PM	Stretch / Speed and Agility Program
2:15 PM – 2:30 PM	Throwing Program
2:30 PM – 4:15 PM	Team Workout
4:30 PM – 5:30 PM	IPI Endurance Training

##### **Thursday**

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1:30 PM	Report to Academy Park Complex
1:45 PM – 2:15 PM	Stretch / Speed and Agility Program
2:15 PM – 2:30 PM	Throwing Program
2:30 PM – 4:15 PM	Team Workout
4:30 PM – 5:45 PM	Mental Conditioning Session (Sports Performance Center)

##### **Saturday and Sunday**

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9:00 AM – 4:00 PM	Doubleheader or Intersquad Game at Academy Park
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#### **Spring**

**\*Spring daily schedule will vary as the Post Grad, Varsity and Junior Varsity teams will be participating in games throughout each week as a part of their official spring season**