



S.W.A.T.

SPEED WEIGHT AGILITY TRAINING

The Maud coaching staff has designed S.W.A.T. (Speed Weight & Agility Training) Program for our athletes to participate in this summer.

- ANY MALE OR FEMALE MISD STUDENT ATHLETE
- MUST COME TO STRENGTH AND CONDITIONING TO PARTICIPATE IN SPORT SPECIFIC
- ENTERING GRADES 7TH - 12TH
- 4 DAYS A WEEK- MONDAY – THURSDAY
- 2 - 3 HOUR SESSIONS PER DAY
- SPORT SPECIFIC SKILL TRAINING
- LOCATED AT HIGH SCHOOL GYMS, WEIGHT ROOM, & PRACTICE FIELD

<u>Weeks:</u>	<u>Dates:</u>	<u>Times:</u>	<u>Sport Specific:</u>
1	5/31 – 6/2	8:00 – 10:00 am	10:15 – 11:15 am
2	6/6 – 6/9	8:00 – 10:00 am	10:15 – 11:15 am
3	6/13 – 6/16	8:00 – 10:00 am	10:15 – 11:15 am
4	6/20 – 7/23	8:00 – 10:00 am	10:15 – 11:15 am
5	6/27 – 6/30	8:00 – 10:00 am	10:15 – 11:15 am
* Dead Days 7/4 – 7/7			
6	7/11 – 7/14	8:00 – 10:00 am	10:15 – 11:15 am
7	7/18 - 7/21	8:00 – 10:00 am	10:15 – 11:15 am
8	7/25 – 7/28	8:00 – 10:00 am	10:15 – 11:15 am