



# 2016 CDH Summer Strength & Conditioning

## Fitness Center Hours June 6th- August 12th

Monday- Thursday 7:30 am- End of last Team Session

***\*\*Closed July 4th- July 8th M.S.H.S.L. No Contact Period***

## August 15- 26th Monday- Friday 9:00- Noon

**Ages:** 7th- 12th Grade (for 2016- 2017 school year)

**Location:** CDH Fitness Center, the 10,000 square foot facility is one of the most versatile and state-of-the-art high school facilities in the Midwest. We work hard to meet participants' needs with individualized programs and instruction to help them achieve their fitness goals.

### Typical Participation Includes:

- 4 days a week of weight training, agility, and speed development
- Education on training principles, nutrition, and other aspects of human performance
- An opportunity to meet new people in a fun atmosphere
- An opportunity to improve yourself in a team setting

**Group Training is based on sport participation. Please come 5 min early of your sports training time.**

Group	Training Time-
Baseball Football	7:30- 8:30am Monday- Thursday
Girl's Sports Only Lacrosse, Soccer, Swimming, Volleyball, and more	10:15- 11:30AM Monday- Thursday
JR High Going into Grades 7 & 8	11:30- 12:30pm Monday- Thursday
Boy's Hockey	12:15- 2:00pm Tuesdays & Thursdays
Wrestling	3:30-5:00pm Mondays & Wednesdays

**CHECK THE WEBSITE! WE WILL BE ADDING ADDITIONAL GROUP TRAINING TIMES AS COACHES  
FINALIZE TEAM SUMMER SCHEDULES!**

**Cost:** \$150 allows participation in any of the fitness center offerings and use of fitness equipment during scheduled hours.

Please mail to: **Jerry Macken, Summer Strength & Conditioning, Cretin- Derham Hall H.S. 550  
South Albert St., St.Paul, MN 55116**

**Questions:** Jerry Macken  
Email (preferred): [gmacken@c-dh.org](mailto:gmacken@c-dh.org)  
Phone: (651) 696-3348

For the most up-to-date information on the Fitness Center, visit  
<http://www.cretin-derhamhall.org/athletics/strength-conditioning/>