



2011 CDH Summer Strength & Conditioning

Hours

June 8th- August 13th

Monday- Friday 7:30 am- 1:00 pm

Saturdays- 9:00 am- Noon

Closed July 1st – 7th M.S.H.S.L. No Contact Period

August 15- 27th

Monday- Saturday 9:00- Noon

Ages: 9th- 12th Grade (for 2011-2012 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:

3 - 4 days a week of strength training in the Fitness Center

2 - 3 days a week of conditioning exercises in a team/ group setting

Education on training principles, nutrition, and other aspects of human performance

An opportunity to meet new people in a fun atmosphere

Conditioning Sessions- If you have a group of 8 or more, we can set up a group conditioning session where we will work on sport/ activity specific training along with conditioning. Below is the list of groups already set up.

Run Group Schedule

General (All are Welcome)	Mon, Tues, Wed, Thu, Fri	8:00- 9:00 AM
Football	Tuesday & Thursday	9:00- 10:00 AM
Girls Only	Monday & Wednesday	9:00- 10:00 AM
Hockey	Tuesday & Thursday	10:00- 11:00 AM
Incoming 9 th Grade	Monday & Wednesday	10:00- 11:00 AM
Youth Speed & Agility	Tuesday & Thursday	11:00 AM- 12:15 PM

Cost: \$125 allows participation in any of the fitness center offerings and use of fitness equipment during scheduled hours. Normal participation is 4 days a week which averages out to \$2.60 a day.

Instructor: Director of Strength & Conditioning Jerry Macken & Staff

Questions: Jerry Macken

Email (preferred): gmacken@c-dh.org

Phone: (651) 696-3348

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

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