

HILLCREST VOLLEYBALL SUMMER CONDITIONING CALENDAR

You will meet every Monday and Thursday at Hillcrest at 8:00 a.m. with a group of girls to complete the workouts for those particular days. Each day you meet at the school for conditioning the group will need to take a picture of all the girls who are there and email it to natalie.moss@canyonsdistrict.org. Every other day, you are responsible to complete the workout yourself and record below.

You will complete this throughout the course of the summer and turn it into me at tryouts. There is a circle in the bottom right corner of each box to check off the days and exercises you complete. PLEASE be honest. This will only benefit you and help your game play.

You will need to purchase some free weights and a jump rope, or have access to a gym throughout the course of the summer.

HINT: The workouts that don't have specific instructions in their box are most effective when you complete them as quick as you can (with the correct form) with 30 seconds of rest time in between each set.

"Champions are not the ones who always win races - champions are the ones who get out there and try. And try harder the next time. And even harder the next time. 'Champion' is a state of mind. They are devoted. They compete to best themselves as much if not more than they compete to best others. Champions are not just athletes." -Simon Sinek

"The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking." -Mia Hamm

...Do YOU have what it takes to become a champion? Are you willing to put in the work?

Week 1: June 19-23RD

Week/Day	Legs	Agility	Arms	Core
1: Monday	-15 alt lunges -15 wall touches -15 frog jumps -15 step hops -15 squats Rest 2 minutes then repeat O	Dot Drill (25 reps each) -Skiers -Single legs -Star skier -Skier corners -Single leg corners O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 supermans -30 leg lifts -30 russian twists O
1: Tuesday	Go on a 20 minute run and stretch really well before and after O			
1: Wednesday	Leg Circuit: -15 alt lunges -15 wall touches -15 frog jumps -15 step hops -15 squats Rest 2 minutes then repeat O	Dot Drill (25 reps each) -Skiers -Single legs -Star skier -Skier corners -Single leg corners O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 supermans -30 leg lifts -30 russian twists O
1: Thursday	Go on a 20 minute run and stretch really well before and after			
1: Friday	Leg Circuit: -15 alt lunges -15 wall touches -15 frog jumps -15 step hops -15 squats Rest 2 minutes then repeat O	Dot Drill (25 reps each) -Skiers -Single legs -Star skier -Skier corners -Single leg corners O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 supermans -30 leg lifts -30 russian twists O

Week 2: June 26-30th

Week/Day	Legs	Agility	Arms	Core
2: Monday	-3x10 frog jumps -2x15 squats -3x10 single leg squats -2x15 wall touches O	Jump Rope: -50 regular jumps -25 right leg -25 left leg -50 alternating -25 right leg -25 left leg -20 low and slow -15 double jumps No rest between O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 side crunches each -30 supermans -30 leg lifts -30 russian twists O
2: Tuesday	Go on a 20 minute run and stretch really well before and after O			
2: Wednesday	-3x10 frog jumps -2x15 squats -3x10 single leg squats -2x15 wall touches O	Jump Rope: -50 regular jumps -25 right leg -25 left leg -50 alternating -25 right leg -25 left leg -20 low and slow -15 double jumps No rest between O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 side crunches each -30 supermans -30 leg lifts -30 russian twists O
2: Thursday	Go on a 20 minute run and stretch really well before and after			
2: Friday	-3x10 frog jumps -2x15 squats -3x10 single leg squats -2x15 wall touches O	Jump Rope: -50 regular jumps -25 right leg -25 left leg -50 alternating -25 right leg -25 left leg -20 low and slow -15 double jumps No rest between O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -10 T -10 Front -10 Press -10 Angels Rest 2 minutes then repeat both circuits O	-30 sit ups -30 sec l, r, m bridge -30 sit ups -30 side crunches each -30 supermans -30 leg lifts -30 russian twists O

Week 3: July 10-14th

Week/Day	Legs	Agility	Arms	Core
3: Monday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Rest 2 minutes then repeat O	Dot Drill (50 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Rest 2 minutes then repeat O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Rest 2 minutes then repeat both circuits O	-40 sit ups -45 sec l, r, m bridge -40 sit ups -40 side crunches each -40 supermans -40 leg lifts -40 russian twists -40 crunches O
3: Tuesday	Run 2 miles and stretch really well before and after O			
3: Wednesday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Rest 2 minutes then repeat O	Dot Drill (50 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Rest 2 minutes then repeat O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Rest 2 minutes then repeat both circuits O	-40 sit ups -45 sec l, r, m bridge -40 sit ups -40 side crunches each -40 supermans -40 leg lifts -40 russian twists -40 crunches O
3: Thursday	Run 2 miles and stretch really well before and after O			
3: Friday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Rest 2 minutes then repeat O	Dot Drill (50 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Rest 2 minutes then repeat O	Push Ups: -Max amount of boy push ups Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Rest 2 minutes then repeat both circuits O	-40 sit ups -45 sec l, r, m bridge -40 sit ups -40 side crunches each -40 supermans -40 leg lifts -40 russian twists -40 crunches O

Week 4: July 17-21st

Week/Day	Legs	Agility	Arms	Core
4: Monday	-3x15 frog jumps -3x25 squats -3x15 single leg squats -3x30 wall touches O	Jump Rope: -100 regular jumps -50 right leg -50 left leg -50 alternating -25 low and slow -25 double jumps No rest between O	Push Ups: -Max amount of boy push ups Rest 1 minute then repeat x2 (total of 3 sets) O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O
4: Tuesday	Go on a 30 minute run and stretch really well before and after O			
4: Wednesday	-3x15 frog jumps -3x25 squats -3x15 single leg squats -3x30 wall touches O	Jump Rope: -100 regular jumps -50 right leg -50 left leg -50 alternating -25 low and slow -25 double jumps No rest between O	Push Ups: -Max amount of boy push ups Rest 1 minute then repeat x2 (total of 3 sets) O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O
4: Thursday	Go on a 30 minute run and stretch really well before and after O			
4: Friday	-3x15 frog jumps -3x25 squats -3x15 single leg squats -3x30 wall touches O	Jump Rope: -100 regular jumps -50 right leg -50 left leg -50 alternating -25 low and slow -25 double jumps No rest between O	Push Ups: -Max amount of boy push ups Rest 1 minute then repeat x2 (total of 3 sets) O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O

Week 5: July 24-28th

Week/Day	Legs	Agility	Arms	Core
5: Monday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x O	Dot Drill (60 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x O	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O
5: Tuesday	Run 3 miles and stretch really well before and after. You'll need it 😊 O			
5: Wednesday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x O	Dot Drill (60 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x O	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O
5: Thursday	Run 3 miles and stretch really well before and after. You'll need it 😊 O			
5: Friday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x O	Dot Drill (60 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x O	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x O	-40 sit ups -40 side crunches each side -40 supermans -30 sec 6 inch hold -40 crunches -1 min l, r, m bridge O

Week 6: July 31st-August 4th

Week/Day	Legs	Agility	Arms	Core
6: Monday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x <p style="text-align: right;">O</p>	Dot Drill (75 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x <p style="text-align: right;">O</p>	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x <p style="text-align: right;">O</p>	-50 sit ups -50 side crunches each side -50 supermans -45 sec 6 inch hold -50 crunches -1 min l, r, m bridge <p style="text-align: right;">O</p>
6: Tuesday	Run 3 miles and stretch really well before and after <p style="text-align: right;">O</p>			
6: Wednesday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x <p style="text-align: right;">O</p>	Dot Drill (75 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x <p style="text-align: right;">O</p>	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x <p style="text-align: right;">O</p>	-50 sit ups -50 side crunches each side -50 supermans -45 sec 6 inch hold -50 crunches -1 min l, r, m bridge <p style="text-align: right;">O</p>
6: Thursday	Run 3 miles and stretch really well before and after			
6: Friday	-20 alt lunges -20 wall touches -20 frog jumps -20 step hops -20 squats Repeat circuit 3x <p style="text-align: right;">O</p>	Dot Drill (75 reps each): -Skiers -Single legs -Star skier -Skier corners -Single leg corners Repeat circuit 3x <p style="text-align: right;">O</p>	Push Ups: -Max out on regular push ups 4x Shoulder Circuit: -12 T -12 Front -12 Press -12 Angels Repeat circuit 3x <p style="text-align: right;">O</p>	-50 sit ups -50 side crunches each side -50 supermans -45 sec 6 inch hold -50 crunches -1 min l, r, m bridge <p style="text-align: right;">O</p>

****Get ready for tryouts Monday August 7th & 8th: Freshmen and Sophomore tryouts are from 8-10 am and Junior/Senior tryouts are from 10-Noon. Make sure you come prepared by: Completing registermyathlete.com, printing out your 4th quarter grades, and bringing this packet. You will NOT be able tryout unless you complete those and give it to me as you walk into tryouts!****