



RUSSELLVILLE INDIAN STRENGTH & CONDITIONING

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2023 Summer Athletic Enhancement Schedule

| DATE(S) | ACTIVITY | DAY(S) | TIMES |
|-----------------|---|-------------|--|
| Week of 5/22 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 5/29 | Athletic Enhancement | T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 6/5 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 6/12 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 6/19 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 6/26 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 7/3 | Russellville Dead Period (July 1st – July 9th) There will be NO weightlifting activities during this time! | | |
| Week of 7/10 | Athletic Enhancement | M, T, W, Th | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |
| Week of 7/17 | Athletic Enhancement | M, T, W | 6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls) |

OTHER NOTES:

· If for some reason these times do not work, please contact Coach Rulo. We can make something work!