



COACH GAGE: [chad.gage@district196.org](mailto:chad.gage@district196.org)

Welcome to SUMMER EAGAN TRAINED. By signing up for these workouts you are taking the right steps to grow physically and mentally as a student athlete. This winter you need to understand the importance of consistency, staying committed to your in-season goals, and bottom line working hard. With these three things in mind you will make gains. There will be obstacles along the way, but it is only you that will define yourself when faced with adversity to reach that goal or next benchmark.

## EAGAN TRAINED CORE VALUES:

1. Serve something BIGGER than YOURSELF!
2. ATHLETES/STUDENTS united and connected
3. PMA- Positive Mental Attitude

**"No ONE creates success ALONE!"**

<b>SESSION #1</b> <b>7:30 am-8:15</b> <b>T-TH</b> <b>Cross Country</b> <b>(ONLY LIFTING)</b>	<b>SESSION #2</b> <b>8:10 am-9:30</b> <b>M-T-TH</b> <b>Middle School</b> <b>6th-8th</b>	<b>SESSION #3</b> <b>9:15 am-10:30</b> <b>M-T-W-TH</b> <b>HIGH SCHOOL</b> <b>Volleyball 9-12</b> <b>Girls BB 9-12</b>	<b>SESSION #4</b> <b>10:00 am-11:30</b> <b>M-T-W-TH</b> <b>HIGH SCHOOL</b> <b>FOOTBALL 9-12</b> <b>Boys BB 9-12</b> <b>WRESTLING 9-12</b>	<b>SESSION#5</b> <b>11:00 am-12:30</b> <b>M-T-TH</b> <b>Middle School</b> <b>6th-8th</b>	<b>SESSION#5</b> <b>12:30-1:15</b> <b>M-T-W-TH</b> <b>HIGH SCHOOL</b> <b>Hockey</b> <b>Lacrosse</b> <b>(ONLY LIFTING)</b>
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<b>HIGH SCHOOLERS</b>  <b>*HS TEST WEEK*</b> <i>BEFORE THE SUMMER PROGRAM STARTS</i> <i>1st TWO WEEKS OF JUNE</i> <i>-GET SET UP WITH TECHNIQUE, PLATFORM</i> <i>APP, AND NUMBERS!</i>  <b>*ET START and FINISH:</b> <b>June 13<sup>th</sup>- Aug. 4th</b> <b>(M-T-W-Th)</b> <b>NO TRAINING JULY 4th-8th</b>  <b>LOCATION:</b> EAGAN H.S. WEIGHTROOM and TRACK  <b>COST:</b> \$175 7 WEEKS/21 SESSIONS TO GET BETTER  <b>SHIRT-STURDY SHOES-SHORTS</b> <b>Sign-up through</b> <b>HS Fee Pay Starting in April</b>	<b>MIDDLE SCHOOLERS</b>  <b>*GROUND ZERO*</b> <i>LEARN HOW TO TRAIN LIKE A CAT!</i> <i>WE WILL FOCUS ON TAKING THE ATHLETE</i> <i>THROUGH SPEED TRAINING and LIFTING</i> <i>TECHNIQUES</i>  <b>*ET START and FINISH:</b> <b>June 13<sup>th</sup>- July 28th</b> <b>M-T-TH</b> <b>NO TRAINING JULY 4th-8th</b>  <b>LOCATION:</b> EAGAN H.S. WEIGHTROOM and TRACK  <b>COST:</b> \$175 6 WEEKS/18 SESSIONS TO GET BETTER  <b>SHIRT-STURDY SHOES-SHORTS</b> <b>Sign-up through</b> <b>Eagan COMMUNITY ED.</b>	<b>ET PURPOSE DRIVEN</b> TO CREATE: HABITS, DISCIPLINE, RELATIONSHIPS, TRUST, and a COMMON BOND between athletes, coaches, and students at EAGAN HS!  <b>ET DAILY SCHEDULE:</b> 20-30 Min. (FEED THE CATS/SPEED on HS Turf/Track or JV Turf) 50 Min. (Cat Power Lifting-HS WEIGHT ROOM)) 10 Min (Mental Finishers)  <b>FEED THE CATS-SPEED</b> <b>CAT DRILLS</b> <b>SPRINT: RECORD-RANK-PUBLISH</b>  <b>CAT POWER</b> <b>GROUND ZERO: TECHNIQUE THROUGH</b> <b>THE USE OF BODYWEIGHT, PVC's, MB's,</b> <b>DB's, BARS, AND LOADS. FOCUS:</b> <b>SAFETY AND TECHNIQUE</b>  <b>HS POWER: CORE LIFTS, MOBILITY,</b> <b>AUX LIFTS, POWER, FINISHERS</b> <b>FOCUS: POWER and MOBILITY</b>
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\*Sessions are subject to change based on the number of athletes/students signed up. We will start every day in WILDCAT STADIUM on the TURF and TRACK. Rainy days we will be inside for speed work.

**"TRAIN TOGETHER- STAY TOGETHER"**