



SPORT SPECIFIC INSTRUCTION

-Football-

Head Coach: Steve Huff (shuff@csisd.org)
 Dates and Times: Incorporated into ELITE Training

- Session 1 - 10th-12th grade (9am - 10am)
- Session 2 9th grade (11am - 11:30am)
- Session 3 7th-8th grade (12:30pm - 1pm)

Cleats are needed for training sessions.

-Volleyball-

Head Coach: Kacie Street (kstreet@csisd.org)
 Dates and Times:

- Incoming 9th-12th graders - 8-9am

Monday	Tuesday	Wednesday	Thursday
Attacking & Serving Technique Work	OH/RS & Setters Positional Work	Defense/Passing Technique Work	Middles/Setters Positional Work

- Incoming 7th-8th Graders - 1-2pm Wed & Thurs

-Boys Basketball-

Head Coach: JD Sullivan (jsullivan@csisd.org)
 Dates and Times:

- Same weeks as ELITE
- Monday-Friday 10-11am (Followed by ELITE 11-1)

Incoming 7th-12 graders

-Girls Basketball-

Head Coach: Megan Symanck (msymanck@csisd.org)
 Dates and Times:

- Same dates as ELITE
- 9-10am

Incoming 9-12th graders

-Boys Soccer-

Coach: Chad Peevey (cpeevey@csisd.org)
 Dates and Times:

- Mondays and Wednesdays of ELITE (11a-12p)

Incoming 9-12th graders.
 Cleats are needed for training sessions.

-Girls Soccer-

Head Coach: Stoney Pryor (spryor@csisd.org)
 Dates and Times:

- Tuesdays and Thursday of ELITE (11a-12p)

Incoming 9th-12th graders.
 Cleats are needed for training sessions.

-Baseball-

Head Coach: Chris Litton (clitton@csisd.org)
 Dates and Times:

- Monday-Thursday of ELITE (11a-12p)

Incoming 9th-12th graders.
 Bring Cleats, Glove and Bat

-Softball-

Head Coach: Brandy Gibson (bgibson@csisd.org)
 Dates and Times:

- Tuesdays and Wednesdays of ELITE (9-10a)

Incoming 7th-12th graders.
 Bring cleats (recommended), gloves, bat and helmet.

-Golf-

Boys Head Coach: Brian Edwards (bedwards@csisd.org)
 Girls Head Coach: Allison Rackley (arackley@csisd.org)
 Athletes are requested to do individual play and/or range practice at the golf course of your choice.

-Tennis-

Head Coach: Ed Stricker (estricker@csisd.org)
 Dates and Times:

- Tuesday & Thursday 6-7p

Incoming 9th-12th graders.

-Powerlifting-

Head Coach: Gregg Frashure (gfrashure@csisd.org)
 Incoming 9th-12th grades
 Incorporated into ELITE Training - no additional sessions.

-Girls Track & Field-

Head Coach: DeMarques Jones (djones@csisd.org)
 Dates and Times:

- Monday-Thursday of ELITE (11-11:30a)

Incoming 7th-12th grades
 No equipment needed. This is incorporated into ELITE.

-Wrestling-

Head Coach: Dwight Mincher (dmincher@csisd.org)
 *Sport Specific Training not allowed at this time.

-There is no registration fee for Sport Specific Training Sessions.-