

# D1 HUNTSVILLE - '09 FALL SCHEDULE

August 17 - December 31

## D1 ROOKIE (7-11)

**7-11 Year Olds:** Introduces and creates foundation of overall athleticism in a fun, positive and high-success environment.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 AM						Coach Crystal
4:00 - 5:00 PM	Coach Dallas	Coach Dallas	Coach Dallas	Coach Dallas	Coach Dallas	
5:30 - 6:30 PM	Coach Eric	Coach Eric	Coach Eric	Coach Eric		

## D1 DEVELOPMENTAL (12-14)

**12-14 Year Olds:** Focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. This repeated rehearsal leads to permanent and positive athletic change.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 AM						Coach Crystal
5:00 - 6:00 PM	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	
6:00 - 7:00 PM	Coach Brian	Coach Brian	Coach Brian	Coach Brian		

## D1 PREP (15-18)

**15-18 Year Olds:** Focuses on fine-tuning technique, with the goal of taking the athlete's game to "THE NEXT LEVEL".

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:30 AM						Coach Dallas
4:00 - 5:30 PM	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	
7:00 - 8:30 PM	Coach Brian	Coach Brian	Coach Brian	Coach Brian		

## D1 TOTAL FIT (Adults)

**Adults:** A high intensity **strength** & **conditioning** workout focused on increasing muscular strength. (20 min. Conditioning / 40 min. Wt. Training)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 AM	Coach Crystal	Coach Corey	Coach Crystal	Coach Corey	Coach Crystal	
12:15 - 1:15 PM	Coach Eric	Coach Eric	Coach Eric	Coach Eric	Coach Eric	

## D1 BOOT CAMP (Adults)

**Adults:** A metabolic workout focused on total body conditioning & high caloric burn, including strength, cardio, flexibility and core training.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00 AM	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	Coach Crystal	
8:15 - 9:15 AM	Coach Eric	Coach Eric	Coach Eric	Coach Eric	Coach Eric	Coach Sherman
6:30 - 7:30 AM		Coach Crystal		Coach Crystal		

## D1 BOOT CAMP X-TREME (Adults)

**Adults:** A high intensity, high pace metabolic workout focused on total body conditioning & high caloric burn.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 - 10:15 AM	Coach Eric	Coach Eric	Coach Eric	Coach Eric	Coach Eric	

## D1-on-1

Time...accountability...and most importantly, **RESULTS**, are maximized!

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more information, or to schedule an assessment/training package, please call 256.880.1717.						