

D1 LITTLE ROCK - '10 FALL SCHEDULE

August 16 - 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 | | | | | | D1 Coach |
| 3:00 - 4:00 PM | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | |
| 4:00 - 5:00 PM | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | |
| 5:00 - 6:00 PM | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | |

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 |
|----------------|-----------|-----------|-----------|-----------|-----------|----------|
| 8:00 - 9:00 AM | | | | | | D1 Coach |
| 4:00 - 5:15 PM | Coach Nic | Coach Nic | Coach Nic | Coach Nic | Coach Nic | |
| 6:30 - 7:45 PM | Coach Nic | Coach Nic | Coach Nic | Coach Nic | | |

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 |
|-----------------|--------------|--------------|--------------|--------------|-----------|----------|
| 9:00 - 10:00 AM | | | | | | D1 Coach |
| 4:00 - 5:30 PM | Coach Ben | Coach Ben | Coach Ben | Coach Ben | Coach Ben | |
| 6:30 - 8:00 PM | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | | |

D1 BOOT CAMP-INTRO (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 |
|------------------|---------------|---------------|---------------|---------------|---------------|----------|
| 11:30 - 12:30 PM | Coach Anthony | Coach Anthony | Coach Anthony | Coach Anthony | Coach Anthony | |

D1 BOOT CAMP EXTREME (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 |
|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| NOON - 1:00 PM | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | |
| 6:30 - 7:30 PM | Coach Cedric | Coach Cedric | Coach Cedric | Coach Cedric | | |

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 |
|-----------------|-------------|-------------|-------------|-------------|-------------|----------|
| 5:00 - 6:00 AM | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | |
| 6:00 - 7:00 AM | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | |
| 7:00 - 8:00 AM | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | Coach Sammy | |
| 9:00 - 10:00 AM | Coach Ben | Coach Ben | Coach Ben | Coach Ben | Coach Ben | D1 Coach |
| 5:30 - 6:30 PM | Coach Ben | Coach Ben | Coach Ben | Coach Ben | Coach Ben | |

D1-on-1

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

For more information, or to schedule an assessment/training package, please call 865.622.7117

D1 OVERTIME (OT)

Providing 1-on-1, individual instruction to improve athletic abilities: See Anthony Lucas (Facility Coordinator)