

Jonathan Byrd Fieldhouse (Grand Park) 2017 Summer Training Schedule May 30, 2017 - August 11, 2017

HIGH SCHOOL OFFERINGS

High School Performance

Mon/Wed/Fri: 3:30 - 5:00 PM & 7:00 - 8:30 PM
Tuesday/Thursday - 7:00 - 8:30 PM

Grand Park Premier

2022 WHITE - 7th & 8th Grade
Tuesday - 4:00 - 4:30 PM

2023 & 2021 - 6th & 8th Grade, 16 BOYS
Tuesday - 5:00 - 6:00 PM

2022 BLACK & RED - 7th Grade, 16 BOYS
Thursday - 5:00 - 6:00 PM

MIDDLE SCHOOL OFFERINGS

Middle School Performance

Mon/Wed/Fri: 5:00 - 6:00 PM & 6:00 - 7:00 PM
Tuesday/Thursday - 6:00 - 7:00 PM

LOCATION

Monday/Wednesday/Friday - 1:00 - 2:30 PM

College Football

May 8th - June 2nd

Monday/Wednesday/Friday - 1 - 2:30 PM

June 5th - July 28th

Monday/Tuesday/Thursday/Friday - 1 - 2:30 PM

College Open Gym

Monday through Friday - 11:00 AM - 1:00 PM

*\$100/month for facility access during designated hours (11-1). Athletes can utilize foam rolls, bands for stretching & activation, NormaTec recovery boots, ice, etc. before and/or after the two hour training period. Athletes will be supervised by strength & conditioning coach during training period. This offering is ideal for athletes who have more experience in the weight room, have a program written by their collegiate strength coach, and feel comfortable executing their program with minimal help.

Call 317-415-5747 (Option 2) to register for sessions now, and take your game to the next level with St. Vincent Sports Performance.

- Don't see your sport represented on the schedule? No problem. Our coaches can adapt the training during the session to address your sport!
- Team Training: Get 7 other athletes to train at the same time with you and we'll create your own TEAM! This session is exclusive to your group.

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