

**EASTERN ATHLETICS
SUMMER PROGRAMS
2011**

WEIGHT TRAINING

Mon - Wed - Fri. July 6 – August 12 6:00pm – 8:00pm
(Wed. July 6 1st Frosh. Lifting Day) 8:30am - 10:30am

BASKETBALL BOYS & GIRLS

Boys - Monday June 13 Gym 1 2:30pm – 4:00pm
Mon. & Wed. June 20, 22, 27, 29 Gym 1 6:00pm – 8:00pm
Mon. & Wed. July 6, 11, 18, 25 Gym 1 6:00pm – 8:00pm
Wed. Aug. 10 Gym 1 6:00pm – 8:00pm

Girls - Monday - Friday July 6 - August 12 Gym 1 9:00am – 11:30pm

WRESTLING

Tues. & Thursday July 5 - August 11 6:30pm – 8:30pm

FOOTBALL

Tuesday & Thursday July 7, 12, 14, 19, 21, 6:00pm – 8:00pm
Tuesday & Thursday August 2, 4, 9, 11

VOLLEYBALL

Tues. & Thurs. Agility July 5 - Aug. 4 6:30pm – 9:00pm
Mon. – Wed. – Fri. – Strength July 6 – Aug. 5 7:00am – 8:30am

GIRLS SOCCER

Tues. – Thurs. July 5 – Aug. 4 8:00am – 10:00am
Team Camp Aug. 8 – 12 8:00am – 11:00am

BOYS SOCCER

Tues. & Thurs. July 5 – Aug. 4 6:15pm – 8:45pm
Team Camp Aug. 8 – 11 11:00 am – 2:00pm

FIELD HOCKEY

July 5 & 7 9:00am – 11:00am
July 11 & 18 6:00pm – 8:00pm

CHEERLEADING

Tues. & Thurs. July 5 – Aug. 11 9:00am – 11:00am
Tryouts Aug. 15, 16, 17, 18, 19 & 20 1st Practice Aug. 22nd Gym 2/Gym 3

ATHLETIC TRAINER

Mon. – Wed. – Fri. July 6 – July 29 9:00am – 12:00pm

*** (call to arrange for an appointment for injury treatment and rehab)
Fall season hours Monday, August 15, 2011 at 8:00am**

FALL 2011 FIRST PRACTICES

<u>FOOTBALL</u>	Monday 8/15	5:30pm – 8:30pm	Football Stadium
<u>BOYS SOCCER</u>	Monday 8/15	8:00am - 11:00am	Soccer Field
<u>GIRLS SOCCER</u>	Monday 8/15	8:00am - 11:00am	Soccer_Field
<u>FIELD HOCKEY</u>	Monday 8/15	8:00am - 11:00am	Hockey Field
<u>GIRLS TENNIS</u>	Monday 8/15	8:00am - 11:00am	Tennis Courts
<u>BOYS CROSS COUNTRY</u>	Monday	8/15 8:00am - 11:00am	Stadium
<u>GIRLS CROSS COUNTRY</u>	Monday	8/15 8:00am - 11:00am	Stadium
<u>GIRLS VOLLEYBALL</u>	Monday	8/15 8:00am - 11:00am	IHS Gym 4

FOR SCHEDULE OF TIMES GO TO WEBSITE: www.eastern.k12.nj.us OR