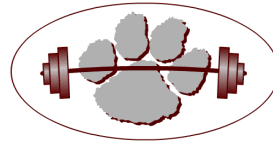


# Kingston Tiger Athletics

## SPEED-STRENGTH PROGRAM

### WINTER 2011-2012



Time	Monday		Tuesday		Wednesday		Thursday		Friday	
	Team/Group	Coaches	Team/Group	Coaches	Team/Group	Coaches	Team/Group	Coaches	Team/Group	Coaches
6:00-7:30									Boys Grp A	Gruner
Per1-Per9										
3:00-3:30	Boys Grp A	Groppuso Collins	Girls Grp A	Badalato Lucchese	Boys Grp A	Groppuso Collins	Girls Grp A	Badalato Lucchese	Boys Grp A	Groppuso Collins
3:30-4:00	Boys Grp A		Girls Grp A		Boys Grp A		Girls Grp A		Boys Grp A	
4:00-4:30	Boys Grp A		Girls Grp A		Boys Grp A		Girls Grp A		Boys Grp A	
4:30-5:00	Boys Grp A	Gruner Capp	Girls Grp A		Boys Grp A	Gruner Capp	Girls Grp A		Boys Grp A	Gruner Capp
5:00-5:30	Boys Grp A		Girls Grp A	Boys Grp A	Girls Grp A					
5:30-6:00	Boys Grp A		Ski Team		Boys Grp A		Ski Team		Boys Grp A	
6:00-6:30	Rugby	Kryzwanos	Ski Team	Royer	Rugby	Kryzwanos	Ski Team	Royer	Rugby	Kryzwanos
6:30-7:00	Rugby		Ski Team		Rugby		Ski Team		Rugby	
7:00-7:30	Rugby						Rugby			
7:30-8:00	Rugby						Rugby			
8:00-8:30										
8:30-8:00										
8:00-8:30										
8:30-9:00										

Time	Saturday		Sunday	
	Team/Group	Coaches	Team/Group	Coaches
6:00-7:00				
7:00-8:00				
8:00-9:00				
9:00-10:00				
10:00-11:00	Girls Grp A	Badalato Lucchese		
11:00-12:00	Girls Grp A			
12:00-1:00				
1:00-2:00				
2:00-3:00				
3:00-4:00				
4:00-5:00				
5:00-6:00				
6:00-7:00				
7:00-8:00				
8:00-9:00				
9:00-10:00				