Beckman High School
Weight Training Schedule BGS Summer Camp
July 28th – August 2nd, 2017

1. **COACH CONTACT INFORMATION**

COACH: Gordon Scott **(949) 632-5649** *E-MAIL:* gordonwscott@cox.net
ASST. COACH: Lana Niccole *E-MAIL:* lananiccole@icloud.com
ASST. COACH: STEVE CARELS *E-MAIL:* scarels22@gmail.com

Note: Please arrive 40 minutes early for each game. **GAMES ARE SELF-COMMUTE**

Week	Day	Date	Time:	Dress/Description	Location
1	W	06/28	10:00 AM -11:00 AM	**FRESHMAN ONLY Intro to Weight Training**	Weight Room
	TH	06/29	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
2	W	07/05	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
	TH	07/06	10:30 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
3	TU	07/11	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
	TH	07/13	10:00 AM -11:00 AM	**FRESHMAN ONLY Intro to Weight Training**	Weight Room
4	TU	07/18	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
	TH	07/20	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
5	TU	07/25	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room
	TH	07/27	10:00 AM -11:00 AM	Weight Training (Returners Only)	Weight Room