

Rams Strength and Conditioning Summer Weights Schedule

All Workouts Will Be Led By Coach Ackley @ HHS Gateway Building

<u>Football Juniors & Seniors</u>	Monday-Thursday	8-9 am
<u>Football Freshmen & Sophmores</u>	Monday-Thursday	9-10 am
<u>Volleyball/Basketball</u>	Tuesday & Thursday	10-11 am
<u>Soccer Boys</u>	Monday, Wednesday	10-11 am
<u>Highland Swim Team</u>	Monday & Wednesday	10-11 am
<u>Lassies</u>	Monday & Wednesday	10-11 am

Note summer fees will be \$40 per athlete for the whole summer

Start date will be June 10th

Cade Ackley

HHS Head Strength and Conditioning Coach
Current State Director for the NHSSCA
2021 NHSSCA Idaho High School Strength Coach of the Year
Bachelors of Science: Physical Education
Level 1 USA Weightlifting Certified
IYCA High School Strength and Conditioning Specialist
IYCA Youth Fitness Specialist – Level 1
Level 1 Bulgarian Bag Certified – Suples Training
ACE Personal Training
Co-Owner of BA2 Training
22 years training HS athletes
Sho-Dan (1st degree blackbelt) Judo

Camille Long

HHS Fitness and Team Sports and Strength and Conditioning Teacher.
Bachelors of Science in Education.
Masters Degree in Athletic Administration and Physical Education.
HHS Head Track and Field Coach.
16 years coaching experience in Track and Field, specifically sprints and speed development. Elementary to College Age Athletes.
8 years coaching Simplot Track and Field Camp alongside Olympic and Elite Athletes and Collegiate Coaches.
Former Division 1 Collegiate Athlete (3 years on Montana State University's Track Team and 2 years on Idaho State University's Track Team).
Idaho State University Record Holder in the 55m Dash.