

# D1 Denver - 2015 Spring Schedule

## D1 ROOKIE (7-11)

**7-11 Year Olds:** Introduces and creates foundation of overall athleticism in a fun, positive and high-success environment.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:30 AM						D1 Coach
4:30 - 5:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	

## D1 DEVELOPMENTAL (12-14)

**12-14 Year Olds:** Focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. This repeated rehearsal leads to permanent and positive athletic change.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 AM						D1 Coach
5:30 - 6:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	

## D1 PREP (15-18)

**15-18 Year Olds:** Focuses on fine-tuning technique, with the goal of taking the athlete's game to "THE NEXT LEVEL".

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 - 11:30 AM						D1 Coach
3:00 - 4:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
6:30 - 8:00 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach		

## D1 BOOT CAMPS (Adults)

**Adults:** A metabolic workout focused on total body conditioning & high caloric burn, including strength, cardio, flexibility and core training.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 6:00 AM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
6:00 - 7:00 AM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
8:30 - 9:30 AM						D1 Coach
9:00 - 10:00 AM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
NOON - 1:00 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
4:30 - 5:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	
6:30 - 7:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	

## D1 STRENGTH (Adults)

**Adults:** A high-intensity weight lifting and conditioning workout focused on muscular strength.

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:15 AM		D1 Coach		D1 Coach		
9:30 - 10:30 AM						D1 Coach
5:30 - 6:30 PM	D1 Coach	D1 Coach	D1 Coach	D1 Coach	D1 Coach	

## D1-on-1

**Personal Training:** Time...Accountability...and most importantly, **RESULTS**, are maximized.

For more information, or to schedule an assessment/training package, please call 720.214.7082