**** **NST Weight Training Program**

* Six week program
* 90 min. sessions (45 minutes in the weight room/45 minute SAQ session)
* 12 sessions total (2 per week)
* Groups of 4-10 **Camp dates:** **June 21 – July 30**
* $40 NCRP gym membership
* $240 ($20/sess.) Paid in Full
* $25/sess. (Pay-as-you-go)

Monday/Thursday (2:30pm-4:00pm)

**Group 1**

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| 1. Sean Dejthai
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| 1. Pedro Crescini
 |
| 1. Noah Jimenez
 |
| 1. Heidi McLean
 |
| 1. Nick Pagliara
 |
| 1. Luis Barrueco
 |
| 1. George Barrueco
 |
| 1. Juan Rico
 |
| 1. Joseph Sanabria
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***What to bring and wear:***

Tennis shoes and cleats (shoes for weight room, cleats for the SAQ’s on outside grass – soccer fields)

Plenty of water (same as any other practice)

Workout attire (shorts, shirt)

Tuesday/Friday (2:00pm-3:30pm)

**Group 2**

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| 1. Duncan McKellar
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| 1. Greg Breston
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| 1. Stevie Cuebas
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| 1. Austin Morgan
 |
| 1. Liam Peterson
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| 1. Caleb Peterson
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