

# FOCUS T25 - ALPHA PHASE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS CARDIO	REST	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	REST	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	REST	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	REST	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	REST	STRETCH

# Focus T25 Start Guide

**SJ Ball**



## Focus T25 Start Guide:

**Navigator Dimensions Year 3: Teaching Guide** Eileen Jones,2005-05-09      **Strengthening Support and Recruitment of Women and Minorities to Positions in Education Administration** ,1993-12 The activities in this resource manual are aimed at those who make policies and decisions about the staffing of administrator positions Covers expanding recruitment efforts providing entry level support promoting advancement opportunities determining next steps and much more Bibliography Graphs      Strengthening Support & Recruitment of Women & Minorities to Positions in Education Administration ,1992 Activities aimed at addressing the need for recruiting women and minorities in school administration are presented in this resource manual which is a collective work of the Study Group on Women and Minorities sponsored by the National LEADership Network Each section describes an interactive adaptable activity that is aimed at policymakers and administrative staffs The first activity focuses on how to obtain use and disseminate information to create a state demographic profile The second activity aims to share information about several current recruitment programs and to help Leadership in Educational Administration Development LEAD directors plan for expanding recruitment efforts Providing entry level support is the purpose of the third activity which is designed to create awareness and encourage the development of entry level programs for women and minorities The fourth activity examines the promotion of advancement opportunities for women and minorities identifying barriers to advancement and determining strategies to overcome them and valuing diversity in leadership styles Activity 5 helps administrators create an action plan Forty three figures can be made into transparencies and a list of resources accompanies each section Appendices contain an article on access to the roles of school leadership resolutions adopted by the National School Boards Association NSBA and American Association of School Administrators AASA LEAD Center directors trainers resources and training activity notes Contains 44 references LMI

Classworks Non-Fiction Year 4 Julie Orrell,Eileen Jones,2004 Provides everything you need to slot into your medium term plan      **ScottForesman Life Science** Addison-Wesley Educational Publishers, Incorporated,1985-08      Official Gazette of the United States Patent and Trademark Office ,1997      **Cent 21 Keybrdg Teach Sem 1 E6** Amanda Robinson,1999-05 Teacher s Edition to cover the first semester of the complete C21 text      **Weekly Record** ,1975      Books and Pamphlets, Including Serials and Contributions to Periodicals Library of Congress. Copyright Office,1977      **Basics of Financial Management** Robert Hartl,1986      **Government Reports Announcements & Index** ,1993-12      **CIS Index to U.S. Executive Branch Documents, 1789-1909** ,1990      The Teachers College Journal ,1956 No 6 of v 2 includes abstracts of unpublished master s theses 1929 30      *Zaner-Bloser Handwriting 2003* Clinton S. Hackney,2002-10-03 NC State textbook adoption 2006 2007      **Catalog of Copyright Entries, Third Series** Library of Congress. Copyright Office,1975 The record of each copyright registration listed in the Catalog includes a description of the work copyrighted and data relating to the copyright claim the name of the copyright claimant as given in the application for registration the copyright date the

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### **Focus T25 Start Guide Introduction**

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