

# 2017 Summer Workouts (*Strength & Conditioning*)

## **FOOTBALL**

*Weight Room:*

Mon, Wed & Fri (9:00am - 11:00am)

Tue & Thur (9:00am - 10:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **CHEERLEADING:**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BOYS BASKETBALL**

*Weight Room:*

Mon, Wed & Fri (9:00am - 11:00am)

Tue & Thur (9:00am - 10:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS BASKETBALL**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BOYS TRACK / CROSS COUNTRY**

*Weight Room:*

Mon, Tue, Wed, Thu & Fri (9:00am - 11:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS TRACK / CROSS COUNTRY**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BASEBALL**

*Weight Room:*

Mon, Wed & Fri (11:00am - 1:00pm)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS VOLLEYBALL**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BOYS SOCCER**

*Weight Room:*

Mon, Wed & Fri (11:00am - 1:00pm)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS SOCCER**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **HOCKEY**

*Weight Room:*

Mon, Wed & Fri (11:00am - 1:00pm)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS LACROSSE:**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BOYS LACROSSE**

*Weight Room:*

Mon, Wed & Fri (11:00am - 1:00pm)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **GIRLS GOLF / TENNIS / SWIM**

*Weight Room:*

Mon, Wed & Fri (7:30am - 9:00am)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)

## **BOYS GOLF / TENNIS / SWIM**

*Weight Room:*

Mon, Wed & Fri (11:00am - 1:00pm)

*Turf Field (Speed & Agility):*

Tues & Thurs (7:30am - 9:00am)