

# 2018 Summer Workout Schedule

## 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)

## 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)

## BOYS TRACK / CROSS COUNTRY

*Weight Room:*

Mon, Wed, & Fri (11:00am - 12:30pm)

*Turf Field (Speed & Agility):*

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

## BASEBALL

*Weight Room:*

Mon, Wed & Fri (11:00am - 12:30pm)

*Turf Field (Speed & Agility):*

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

## BOYS SOCCER

*Weight Room:*

Mon, Wed & Fri (11:00am - 12:30pm)

*Turf Field (Speed & Agility):*

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

## HOCKEY

*Weight Room:*

Mon, Wed & Fri (11:00am - 12:30pm)

*Turf Field (Speed & Agility):*

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

## BOYS LACROSSE

*Weight Room:*

Mon, Wed & Fri (11:00am - 12:30pm)

*Turf Field (Speed & Agility):*

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

## BOYS GOLF / TENNIS / SWIM

*Weight Room:*

Mon, Wed & Fri (11:00am - 12:30pm)

*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)

## GIRLS BASKETBALL

*Weight Room:*

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

*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)

## GIRLS VOLLEYBALL

*Weight Room:*

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

*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)

## GIRLS LACROSSE:

*Weight Room:*

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

*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)