

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)