

Weight Room Schedule FALL 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:30	Individual Meetings	Boys Hoops Baseball/Volleyball/ Wrestling	Individual Meetings	Individual Meetings	Boys & Girls Circuit Training (limit 80 athletes)
3:00-4:00	Varsity Football	Boys Lax / Hockey 2:30-4 (speed & agility followed by lift)	Girls Basketball/ Girls LAX/Softball/ Swimming	Wrestling/Boys Hoops/Baseball/Volleyball Boys Lax / Hockey 3-4:30 (speed & agility followed by lift)	Boys & Girls Circuit Training (limit 80 athletes)
3:30-4:30					
4:00-5:00	Girls Basketball/ Girls LAX/Softball/ Swimming	In-Season Lift 4:00-4:30	In-Season Lift 4:00-4:30		
4:30-5:00		In-Season Lift 4:30-5:00	In-Season Lift 4:30-5:00	In-Season Lift 4:30-5:00	In-Season Lift 4:30-5:00
5:00-6:00	X-Country/Track 5:00-5:45	Freshman Football	X-Country/Track 5:00-5:30	Freshman Football	
5:30-6:00			Varsity Football		
6:00-7:00	Footwork/COD/ Speed/Agility 6-6:45	Footwork/COD/ Speed/Agility 6-6:45	Footwork/COD/ Speed/Agility 6-6:45	Footwork/COD/ Speed/Agility 6-6:45	
Individual Meetings For Nutrition Consultations or Goal Setting can be arranged by appointment, daily, at lunch.					
In-Season, Off-Season Athletes and HC Students can arrange for different lifting times by Communicating with Coach Kolody					