

HUNTERDON CENTRAL REGIONAL HIGH SCHOOL WEIGHT ROOM SCHEDULE: SPRING 2020



2:00Individual Meeting2:00-3:003:00Football Boys SoWrestlingAll Levels3:00-4:00HC Dance, HC Cheet	Girls Soccer, Volleyball Field Hockey Girls Wrestling 2:30-3:30 Boys & Girls Hoops Ice Hockey, Wrestling rr, 3:30-4:30	2:00 Football Wre All L 3:00	l Meetings -3:00 Boys Soccer stling evels	Boys & Girls Hoops, G. Wrestling G. Soccer, F. Hockey	Winter Athlete Strength Training 2:30-3:30
2:00-3:00 3:00 Football Boys So Wrestling All Levels 3:00-4:00 HC Dance, HC Chee	Girls Soccer, Volleyball Field Hockey Girls Wrestling 2:30-3:30 Boys & Girls Hoops Ice Hockey, Wrestling rr, 3:30-4:30	2:00 Football Wre All L 3:00	-3:00 Boys Soccer stling evels	Hoops, G. Wrestling	Strength Training
3:00 Football Boys So Wrestling All Levels 3:00-4:00 HC Dance, HC Chee	Field Hockey Girls Wrestling 2:30-3:30 Boys & Girls Hoops Ice Hockey, Wrestling r, 3:30-4:30	Football Wre All L 3:00	Boys Soccer stling evels	Hoops, G. Wrestling	Strength Training
Wrestling All Levels 3:00-4:00 4:00 HC Dance, HC Chee	ccer Girls Wrestling 2:30-3:30 Boys & Girls Hoops Ice Hockey, Wrestling rr, 3:30-4:30	Wre All L 3:00	stling evels	Hoops, G. Wrestling	
Wrestling All Levels 3:00-4:00 4:00 HC Dance, HC Chee	2:30-3:30 Boys & Girls Hoops Ice Hockey, Wrestling er, 3:30-4:30	Wre All L 3:00	stling evels	Hoops, G. Wrestling	2:30-3:30
All Levels 3:00-4:00 4:00 HC Dance, HC Chee	Boys & Girls Hoops Ice Hockey, Wrestling r, 3:30-4:30	All L 3:00	evels		
3:00-4:00 4:00 HC Dance, HC Chee	Ice Hockey, Wrestling r, 3:30-4:30	3:00		G Soccer E Hockey	
4:00 HC Dance, HC Chee	er, 3:30-4:30		4.00	G. Soccer, F. Hockey	Fall Athlete
		Any In-S	-4:00	3:00-4:00	Strength & Conditioning
	ev even and	Any In-Season Lift		OPEN - ALL	3:30-4:30
G. Soccer, F. Hock	- y	4:00-4:30		SAR	
4:00-5:00	<u>Any</u> In-Season Lift	G. Lax		Speep, Agility, Reaction	
G. Lax		4:45-5:15	Sprig Track	4:00-5:00	<u>Any</u> In-Season Lift
5:00 4:45-5:15 Sprig T	ack 4:30-5:30		Throw	Spring Track Throw	4:30-5:30
Thro	N		5:00-5:30	5:00-5:30	
5:00-5	30	Spring Tra	ck Runners		
Spring Track All	Football	5:30-6:00		Football	
6:00 5:30-6:00	SAR			SAR	
	Speed, Agility, Reaction	In-Season/Open Lift		Speed, Agility, Reaction	
<u>Any</u> In-Season Lif	5:45-6:45	6:00-7:00		5:45-6:45	
6:00-7:00					
7:00					
Individual Meetings For Nu	trition Consultations or Goa	I Setting ca	n be arrange	d by appointment, dail	v. at lunch.
				a by appointment, dan	,,

In-Season, Off-Season Athletes and HC Students can arrange for different lifting times by Communicating with Coach Kolody