



HUNTERDON CENTRAL REGIONAL HIGH SCHOOL

WEIGHT ROOM SCHEDULE: SPRING 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
2:00	Individual Meetings 2:00-3:00		Individual Meetings 2:00-3:00		Winter Athlete Strength Training 2:30-3:30
		Girls Soccer, Volleyball Field Hockey		Football Boys Soccer Wrestling All Levels 3:00-4:00	
3:00	Football Boys Soccer Wrestling All Levels 3:00-4:00	Girls Wrestling 2:30-3:30	Football Boys Soccer Wrestling All Levels 3:00-4:00	Boys & Girls Hoops, G. Wrestling G. Soccer, F. Hockey 3:00-4:00	Fall Athlete Strength & Conditioning 3:30-4:30
4:00	HC Dance, HC Cheer, G. Soccer, F. Hockey 4:00-5:00	Boys & Girls Hoops Ice Hockey, Wrestling 3:30-4:30	<u>Any</u> In-Season Lift 4:00-4:30	OPEN - ALL SAR Speep, Agility, Reaction 4:00-5:00	<u>Any</u> In-Season Lift 4:30-5:30
	G. Lax 4:45-5:15	<u>Any</u> In-Season Lift 4:30-5:30	G. Lax 4:45-5:15	Spring Track Throw 5:00-5:30	
5:00	Spring Track Throw 5:00-5:30		Spring Track Runners 5:30-6:00	Spring Track Throw 5:00-5:30	
	Spring Track All 5:30-6:00	Football SAR		Football SAR	
6:00	<u>Any</u> In-Season Lift 6:00-7:00	Speed, Agility, Reaction 5:45-6:45	In-Season/Open Lift 6:00-7:00	Speed, Agility, Reaction 5:45-6:45	
7:00					

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