

SUMMER WEIGHTLIFTING SCHEDULE

BEGINS: June 1st

**FOOTBALL SCHEDULE
WILL BE AS FOLLOWS:**

- **MONDAY, TUESDAY, AND THURSDAY, 7:00–9:00 AM**
- **JUNE 29–JULY 5, WEIGHT ROOM WILL BE CLOSED**
- **REGULAR SCHEDULE BEGINS AGAIN JULY 6 UNTIL AUGUST 1**

- **WORKOUTS WILL BE POSTED AND CHARTED EACH DAY.**
- **EACH SESSION WILL INCLUDE AGILITIES AND RUNNING.**
- **OTHER SPORTS WILL HAVE ADDITIONAL SCHEDULES.**

- **YOUR GOAL SHOULD BE TO ATTEND BETTER THAN 80% OF THE WORKOUTS.**