2021 Summer Weight Room Times

8:00 Volleyball, Cheer, Dance, Girls Wrestling, Boys Basketball, Golf

9:00 Girls Basketball, Baseball, Boys Wrestling, Soccer, Swim

Softball, Track, Cross Country

10:00 Football Only – 2 Groups

11:30 Middle School (6th, 7th, 8th Grade B & G)

 **\*Only on Tuesdays and Thursdays\***

Summer 2020 Dates

June 1 (Organization) 2-3-4 (Workouts)

June 8-9-10

June 15-16-17

June 22-23-24

June 25 – July 5 Dead Week

July 6-7-8

July 13-14-15 (Max Week)

July 20-21-22 (NO MIDDLE SCHOOL - Done)

July 26-27 (HS ONLY)

August 1-8 (DEAD WEEK - OFF)

August 9 Start Fall Sports Season