

Below is the cumulative attendance for weight training sessions from January 2 through June 28, 2018. Athletes sign-in to a Google Form that timestamps their submission. They must use their FCPS account to do so. Their FCPS account is also logged. They type their names and select their graduating class and the session ("Charger Time", "After School", or "Personal Fitness") from a dropdown menu. Failure to sign-in leads to a missed workout. The list below is comprised of athlete submissions. The names in the gold box earned 100 points for the effort over the course of the year during Personal Fitness; their attendance numbers may not reflect their actual attendance since they were in the class all year.

Total Attendance through June 28			
Last Name	First Name	Class	Total
Amaya	Kevin	Freshman (2022)	1
Antayhua	Ben	Junior (2020)	18
Arsalan	MUSTAFA	Freshman (2022)	1
Asiamah	Nana	Freshman (2022)	2
Baird	Joseph	Sophomore (2021)	1
Barreto	Marcus	Sophomore (2021)	26
Bartnik	Leo	Sophomore (2021)	4
Beck	Andrew	Freshman (2022)	10
Beck	Joseph	Sophomore (2021)	4
Benson	Matthew	Junior (2020)	5
Berglie	Luke	Freshman (2022)	5
Bernet	Ethan	Senior (2019)	21
Boehlert	Ryan	Sophomore (2021)	5
Bradford	Nick	Sophomore (2021)	26
Burrell	Michael	Junior (2020)	11
Cao	Cac	Freshman (2022)	2
Carper	Evan	Junior (2020)	17
carter	cj	Sophomore (2021)	15
Carter	Ricky	Senior (2019)	26
Cavanagh	Charlie	Senior (2019)	8
Cavanagh	Will	Freshman (2022)	5
Cavnar	Colin	Freshman (2022)	6
Chow	Aidan	Freshman (2022)	4
Clark	Darius	Junior (2020)	25
Clougherty	Leo	Junior (2020)	46
Condemi	Ben	Junior (2020)	40

Athletes Enrolled in Personal Fitness

Personal Fitness students meet every other day for class, therefore, those athletes do not need to worry about attending additional workouts. If working with proper intensity, "Pfit" is all these athletes need to attend. In fact, as long as they didn't miss a class, Pfit enrolled athletes **are encouraged to do other things with their time!!!!**

Many of these young men elect to attend Charger Time and/or After School sessions to supplement workouts and encourage camaraderie among teammates. These young men are often coming to simply support and be a part of the team. Being with teammates is extremely important to foster competition, trust, and buy-in.

Every workout attended earns 1 point in the off-season reward system. Athletes who are enrolled in PFit *and* lift with **proper intensity** will be rewarded with up to **100 points**. Athletes do not earn points for both PFit and CT/After School and they are expected to attend summer workouts upon the completion of the school year.

Personal Fitness	
Bernet	Ethan
Burrell	Michael
Carter	Ricky
Cavanaugh	Charlie
Clark	Darius
Funk	Michael
Gonzalez	Mario
Gustafson	Trey
Hyunh	DJ
Johnson	Pierre
Kwon	Eric
Madaj	Jack

Conдеми	Simon	Freshman (2022)	18
Crews	AJ	Junior (2020)	35
Davenport	Tro	Sophomore (2021)	30
Davis	Alec	Junior (2020)	9
Dunbar	Ahmad	Sophomore (2021)	11
Dunham	Grayson	Freshman (2022)	10
Epps	Danovan	Sophomore (2021)	11
Funk	Michael	Senior (2019)	4
Gasper	Ethan	Freshman (2022)	5
Gobaira	Aiden	Freshman (2022)	4
Gonzalez	Mario	Junior (2020)	52
Gustafson	Kurt	Senior (2019)	45
Harper	Matt	Sophomore (2021)	9
Hodinko	Scott	Freshman (2022)	3
Hughes	Liam	Junior (2020)	1
Hughes	Will	Junior (2020)	54
Huynh	D.J	Senior (2019)	30
Hwang	Brendon	Sophomore (2021)	15
Hwostow	Lucas	Junior (2020)	49
Jackson	Giavonni	Sophomore (2021)	7
Johnson	Pierre	Sophomore (2021)	2
Jones	Grady	Senior (2019)	48
Kashef	Ziad	Sophomore (2021)	24
Khan	Muhib	Junior (2020)	25
Kinerney	Jack	Junior (2020)	33
Kinerney	Noah	Freshman (2022)	10
Kwon	Eric	Junior (2020)	71
Lewe	Aidan	Sophomore (2021)	9
Lopez	Jose	Junior (2020)	1
Lorminier	Avonte	Sophomore (2021)	1
Madaj	Jack	Senior (2019)	28
Madaj	Joey	Junior (2020)	12
Mau	Jamea	Junior (2020)	26
McLean	Quinn	Sophomore (2021)	22

Moreno	Denilson
Pogorelc	James
Robinson	Mark
Thapa	BJ
Thompson	Tyler

Medlock	Ryan	Junior (2020)	6
Moreno	Denilson	Junior (2020)	95
Mustafa	Arsalan	Freshman (2022)	5
Nelson	Garrett	Junior (2020)	42
O'Reilly	Tyler	Junior (2020)	56
Person	Bryce	Senior (2019)	39
Plott	Ryan	Sophomore (2021)	22
Pogorelc	James	Junior (2020)	67
Qeriqi	Klodian	Freshman (2022)	1
Ready	Jack	Sophomore (2021)	3
Ready	Jack	Sophomore (2021)	4
Reardon	Liam	Sophomore (2021)	65
Reardon	Sean	Freshman (2022)	8
Rickard	Matt	Sophomore (2021)	41
Riley	Nolan	Freshman (2022)	50
Robinson	Mark	Senior (2019)	3
Rodriguez	Ruben	Sophomore (2021)	3
Sagastume	Andres	Junior (2020)	24
Sahm	Aidan	Sophomore (2021)	71
Sarani	Kasra	Freshman (2022)	10
Sarraff	Rithik	Freshman (2022)	11
Schwarz	Peter	Senior (2019)	2
Sekar	Steven	Senior (2019)	82
Sherman	JP	Sophomore (2021)	6
Shourds	Gerard	Freshman (2022)	4
Somboonpakron	Ethan	Sophomore (2021)	43
Sparks	Dylan	Senior (2019)	20
Spohn	Alex	Sophomore (2021)	22
Tacinelii	Michael	Freshman (2022)	13
Tamayo	Lorenzo	Sophomore (2021)	39
Thapa	BJ	Junior (2020)	5
Thompson	Tyler	Senior (2019)	15
Tiemeni	Carlex	Junior (2020)	24
Walter	John	Sophomore (2021)	5

Williams	Nels	Junior (2020)	11
Womack	John	Junior (2020)	5
Youk	Chris	Junior (2020)	5
Yusuf	Mustafa	Freshman (2022)	2
Zaumfuchs	Julian	Sophomore (2021)	69