

2023 WEIGHT ROOM

SUMMER HOURS

STARTING JUNE 12

FIELDHOUSE/ANNEX AT STADIUM

ALL VARSITY SPORTS

MON-THUR 7:00 AM – 12:00 PM

FRIDAY 7:00 AM – 1:00 PM

VARSIITY & JV FOOTBALL On field

MON-THUR 8:00 AM – 9:30 AM

*Football can attend weight room before or after field activities