



Revere High School Athletics Sculpt Training Schedule



Spring of 2022 (Starting March 7th)

Team	Phase	Days	Time	Location	Coach
Spring Sports					
Baseball	In-Season	Mon & Fri	2:45 - 3:30pm	Revere	Caleb
Softball	In-Season	Tue & Fri	2:45 - 3:30pm	Revere	Kevin
Girls Lacrosse	In-Season	Wednesdays	5 - 6pm	Sculpt	Bryan
Boys Lacrosse	In-Season	Wed & Fri	4 - 4:45pm	Revere	Bryan
Track	In-Season	Tue & Thurs	4:30 - 5:15pm	Revere	Bryan & Kevin
Tennis	In-Season	Tue & Fri	2:45 - 3:30pm	Revere	Kevin
Fall Sports					
Football	Off-Season	Mon, Tue, Wed, Thur	*See FB Schedule	Revere (Wed. @Sculpt)	Caleb & Kevin
Volleyball	Off-Season	Mon & Thurs	Mon. 6:30 - 7:30pm Thurs. 3:30 - 4:30pm	Mon. at Revere Thurs. at Sculpt	Olivia
Cross Country	Off-Season	Tue & Thurs	4:30 - 5:15pm	Revere	Bryan & Kevin
Girls Soccer	Off-Season	Mon & Thurs	Mon. 5:30 - 6:30pm Thurs. 4:30 - 5:30pm	Mon. at Revere Thurs. at Sculpt	Olivia
Boys Soccer	Off-Season	Tue & Fri	Tue. 3 - 4pm Fri. 3 - 3:45pm	Sculpt	Bryan
Cheer	Off-Season	Mon & Thurs	Mon. 5:30 - 6:30pm Thurs. 4:30 - 5:30pm	Mon. at Revere Thurs. at Sculpt	Olivia
Winter Sports (Start April 18th)					
Boys Basketball	Off-Season	Mon & Wed	4:30 - 5:30pm	Revere	Caleb
Girls Basketball	Off-Season	Mon & Thurs	Mon. 6:30 - 7:30pm Thurs. 3:30 - 4:30pm	Mon. at Revere Thurs. at Sculpt	Olivia
Swimming	Off-Season	Mon & Thurs	Mon. 5:30 - 6:30pm Thurs. 4:30 - 5:30pm	Mon. at Revere Thurs. at Sculpt	Olivia
Wrestling	Off-Season	Mon & Wed	4:30 - 5:30pm	Revere	Caleb
Middle School (All Sports)	Development	Tue & Wed	5:30 - 6:30pm	Sculpt	Bryan

- Winter sports will be given a few weeks off & will not start training on March 7th
 - Keep a lookout for the start up date from your coach
- Sculpt Fitness Akron Gym: 2236 N Cleveland Massillon Rd, Akron, OH 44333



Josh Dickey - Director of Strength & Conditioning
Josh@Sculptfitnesstraining.com

Caleb Wohlwend - Head Strength & Conditioning Coach
Caleb@Sculptfitnesstraining.com

- Sculpt Sports Performance Coaches
Kevin Ocheltree, Bryan Jones & Olivia Ellebruch

- What we do & our philosophy:

Sculpt Sports Performance handles all things with Revere athletics in regards to sport performance. All strength and conditioning training sessions will be held at Revere HS's weight room or at the Sculpt Fitness Gym, led by at least one of our Sculpt coaches. Each training session is programmed to focus on the team's specific sport goals based on the phase the team is in (Strength gain, speed development, power, agility, conditioning, maintenance, etc). We are always aiming to increase athletic success by increasing strength and reducing injuries, as well as building a positive team culture. We take pride in having the opportunity to train the student athletes at Revere and having a role in their development as an athlete and as a person.