

STRENGTH AND CONDITIONING SCHEDULE

Tue 11/21: B-Varsity and JV 3:00, B-Freshman 5:00

Wed 11/22: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 11/24: B-Varsity and JV 12:00

Mon 11/27: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Wed 11/29: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 12/1: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Mon 12/4: B-Varsity and JV 3:00, B-Freshman 5:00

Wed 12/6: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 12/8: B-Varsity and JV 3:00, B-Freshman 5:00

Mon 12/11: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Wed 12/13: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 12/14: B-Varsity and JV 3:00, B-Freshman 4:15

Mon 12/18: B-Varsity and JV 3:00, B-Freshman 4:00

Wed 12/20: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 12/22: B-Varsity and JV 3:00, B-Freshman 5:00

Tue 12/26: B-Varsity and JV 1:00

Wed 12/27: B-Varsity and JV 1:00

Fri 12/29: B-Varsity and JV 11:00

Tue 1/2: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Wed 1/3: B-Varsity 3:00, B-JV 3:30, B-Freshman 4:30

Thu 1/4: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Tue 1/8: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Wed 1/10: B-Varsity and JV 3:00, B-Freshman 4:30

Tue 1/16: B-Varsity and JV 3:00, B-Freshman 4:30

Wed 1/17: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 1/19: B-Varsity and JV 3:00, B-Freshman 5:00

Wed 1/24: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 1/26: B-Varsity and JV 3:00, B-Freshman 5:00

Mon 1/29: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Wed 1/31: B-Varsity and JV 3:00, B-Freshman 4:30

Mon 2/5: B-Varsity and JV 3:00, B-Freshman 5:00

Tue 2/6: B-Varsity and JV 3:00, B-Freshman 5:00

Fri 2/9: B-Varsity and JV 3:00, B-Freshman 5:00

Mon 2/12: B-Varsity and JV 4:00, B-Freshman 4:30

Wed 2/14: B-Varsity and JV 3:00, B-Freshman 4:30

Thu 2/15: B-Varsity and JV 3:00, B-JH 4:30, B-Freshman 5:00

Mon 2/19: B-Varsity and JV 3:00, B-Freshman 5:00

Wed 2/21: B-Varsity and JV 3:00, B-Freshman 4:30

Fri 2/22: B-Varsity and JV 3:00, B-Freshman 5:00