

## HH's Raider Strength and Conditioning Tentative Summer 2023

Day of Week	Time	Team (G=Girls, B=Boys)	Upper Weightroom Overflow Group/Staffing
<b>Raider Strength and Fitness Center Main (Polebarn)</b>			<b>Upper Weightroom</b>
<b>Monday Summer Sched</b>	7:00 - 8:15	HS Fresh	
	8:30 - 9:45	HS Lineman	
	9:45 - 11:00	HS Skill	
	11:00 - 12:15	BLAX / Basketball (B)	
	12:15 - 1:30	Volleyball (B)	
		Volleyball (G), Softball Option 1, CLAX Option 2	
	1:30-2:45	Baseball/Boys Volleyball	
2:45 - 4:00	Girls XC / Mid D / Sprint		
<b>Tuesday Summer Sched</b>	7:00 - 8:15	Track A Throw (G) XC / Track D (B)	
	8:30 - 9: 15	Sprint (G) / Track B / Throw (G)	
	9:00 - 10:45	Basketball (G) Cheer / GRC	
	11:00 - 12:15	Basketball (B)	
	12:15 - 1:30	Sprint (G & G) / Mid Distance / XC (B) Soccer(G) / Hd Hockey / Lac(G), Softball Option 2	
	5:00 - 6:00 PM	Recreation: Grades 5 - 12	
	6:00 - 7:00 PM	Recreation: Adults	
<b>Wednesday Summer Sched</b>	7:00 - 8:15	HS Fresh	
	8:30 - 9: 45	HS Lineman	
	9:45 - 11:00	HS Skill	
	11:00 - 12:15	BLAX / Basketball (B)	
	12:15 - 1:30	Volleyball (B) Volleyball (G), Softball Option 1, CLAX Option 2	
	1:30-2:45	Baseball/Boys Volleyball	
	2:45 - 4:00	Girls XC / Mid D / Sprint	
<b>Thursday Summer Sched</b>	7:00 - 8:15	HS Fresh	
	8:30 - 9: 45	HS Lineman	
	9:45 - 11:00	HS Skill	
	11:00 - 12:15	BLAX / Basketball (B) Sprint / Mid Distance / XC (B)	
	12:15 - 1:30	Soccer(G) / Hd Hockey / Lac(G), Softball Option 2 Track A Throw (G)	
	5:00 - 6:00 PM	Recreation: Grades 5 - 12	
	6:00 - 7:00 PM	Recreation: Adults	
<b>Friday Summer Sched</b>	7:00 - 8:45	Track A Throw (G) XC / Track Mid D / Sprint (B)	
	8:45 - 10:00	Basketball (G) / Cheer / XC	
	10:00 - 11:00	Basketball (G) / Cheer / XC	
	10:00 - 11:00	Football JMY August	
	11:00 - 12:15	BLAX / Basketball (B) 3rd Day and Make-up	