Summer Gym and Weight Room Schedule 2009

	Monday	Tuesday	Wednesday	Thursday
7:00				
W.R.	G:basketball	G:basketball	G:basketball	G:basketball
Gym				
8:00				
W.R.	B: basketball baseball	B: basketball baseball	B: basketball baseball	B: basketball baseball
Gym	G:basketball	G:basketball	G:basketball	G:basketball
9:00				
W.R.	B/G: soccer	B/G: soccer	B/G: soccer	B/G: soccer
Gym	B: basketball	B: basketball	B: basketball	B:basketball
10:00				
W.R.	G: volleyball	G: volleyball	G: volleyball	G: volleyball
Gym	B: basketball	B: basketball	B: basketball	B: basketball
11:00				
Gym		G: volleyball		

- Sessions begin every hour on the hour, so **don't be late**. There will be consequences.
- Choose a sport that you are training for and come with that sport. The goal is that you are training with your teammates. If your sport is not on here, choose an open slot and come then. If you cannot make it during one of the open slots, but can during another time that is reserved, come see Mr. Gast, Mr. Gossel or Mr. Creigton and we will work it out.
- W.R. stands for weight room, which will include weight training and plyometric training while the gym will be used for practice for the basketball and volleyball teams.
- If you have questions see your coach.
- You must have a physical on file in the office and a medical emergency form completed before you are allowed to participate.
- Call or email Mr. Gast (nathangast@covenantchristian.org) with questions.
- No cheerleading shorts (must be athletic shorts)
- No sleeveless shirts
- No food or gum in the weight room

Starts: Monday, June 1
Closed the weeks of: June 29 (moratorium)
July 27 (moratorium)