

## Summer Workout Schedule

### Monday

9am-10am: Girl's strength and conditioning

10am-11am: Volleyball

7pm-8pm: Boy's Basketball- shooting and ball handling

### Tuesday

9am-10am: Girl's strength and conditioning

10am-11am: Girl's Basketball

7pm-8pm: Boy's strength and conditioning

7:30pm-8pm- Cross Country

8pm-9pm: Baseball

### Wednesday

9am-10am: Girl's strength and conditioning

10am-11am: Volleyball

7pm-8pm: Boy's Basketball- Shooting and ball handling

### Thursday

9am-10am: Girl's strength and conditioning

10am-11am: Girl's Basketball

7pm-8pm: Boy's strength and conditioning

7:30pm-8pm: Cross Country

8pm-9pm: Baseball

Due to UIL guidelines, there will be no lockerroom access for changing or congregating purposes. All athletes need to come in what they plan on working out in. Also, there will not be any communal water bottles or water jugs available, so bring own water if able.

All scheduled workouts will be following UIL requirements and sanitizing equipment, balls, etc before, during, and after workouts. Sport specific drills will follow the guidelines laid out by UIL also.