

Workout Schedules Starting 9/1/20

Mondays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field							
JV Softball Field							
North End Zone		V FB Line		V WR/QB/RB			
South End Zone		V FB Line		V WR/QB/RB			
Left Field Baseball		JV FB Line		JV WR/QB/RB			
Right Field Baseball		F FB Line		F WR/QB/RB			
Track	Track					Cross Country	
Tuesdays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field	Frosh VB		JV VB	Varsity VB			
JV Softball Field							
North End Zone		V FB Line		V WR/QB/RB			
South End Zone		V FB Line		V WR/QB/RB			
Left Field Baseball		JV FB Line		JV WR/QB/RB			
Right Field Baseball		F FB Line		F WR/QB/RB			
Track	Track					Cross Country	
Wednesdays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field	Frosh VB		JV VB	Varsity VB			
JV Softball Field							
North End Zone		V FB Line		V WR/QB/RB			
South End Zone		V FB Line		V WR/QB/RB			
Left Field Baseball		JV FB Line		JV WR/QB/RB			
Right Field Baseball		F FB Line		F WR/QB/RB			
Track							
Thursdays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field	Frosh VB		JV VB	Varsity VB			
JV Softball Field							
North End Zone		V FB Line		V WR/QB/RB			
South End Zone		V FB Line		V WR/QB/RB			
Left Field Baseball		JV FB Line		JV WR/QB/RB			
Right Field Baseball		F FB Line		F WR/QB/RB			
Track	Track					Cross Country	
Fridays	2:30pm	3:00pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
Varsity Softball Field							
JV Softball Field							
North End Zone							
South End Zone							
Left Field Baseball							
Right Field Baseball							
Track						Cross Country	

Volleyball
Football
Track
Cross Country