

SUMMER WORKOUT SCHEDULE- 2026

*MUST BE CLEARED ON ATHLETIC CLEARANCE TO BE ABLE TO WORKOUT.

*ALL INCOMING 9TH GRADERS ALSO MUST HAVE AN EKG EL1 FORM COMPLETED.

*ANY 10-12 FIRST TIME HIGH SCHOOL PARTICANTS IN FHSAA ATHLETICS MUST HAVE AN EKG DONE ALSO.

GIRLS WEIGHTLIFTING- GIRLS WEIGHTLIFTING-MON- THURS- 12-1:30. **BEGINS JUNE 8th.**

FOOTBALL- MON- THURS.- 8:30- 11:30- MEET IN FOOTBALL LOCKER ROOM EVERY MORNING.
BEGINS JUNE 9th. .

GIRLS TRACK- MON- THURS- MEET ON TRACK-7:30 – 9:00. **BEGINS JUNE 15th.**

WRESTLING- JULY 7 TUES. & THURS- 3:30- 4:45- MEET IN WRESTLING ROOM &
WEIGHTROOM- MTUES- THURS.- 4:30- 5:45

CHEER- JUNE-2 - TUES., WED, THURS.- 4-6- CENTENNIAL

CROSS COUNTRY- JUNE 3- MEET ON TRACK-8-11 AM- MON- THURS.

BOYS BASKETBALL-HOURS- 1-3 JULY 1- THROUGH JULY -CENTENNIAL GYM

GIRLS BASKETBALL-HOURS- 3-5- JULY 1- THROUGH JULY- CENTENNIAL GYM

VOLLEYBALL- JUNE 29 – JULY 23- 8-10- CENTANNIAL GYM- NOT IN GYM ON JULY13-17 AND
JULY 27-30.