**Eastwood Lady Troopers’**

**Summer Weights and Conditioning/Open Gym Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week #** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Week 1:** **June 27-30** | **June 27:**Conditioning: 4-5Open Gym: 5-6 | **June 28:**Weights: 4-5Open Gym: 5-6 | **June 29:**Conditioning: 4-5Open Gym: 5-6 | **June 30:**Weights: 4-5Open Gym: 5-6 |
| **Week 2:****July 4-7** | **July 4:**NO WORKOUT | **July 5:**Weights: 4-5Open Gym: 5-6 | **July 6:**Conditioning: 4-5Open Gym: 5-6 | **July 7:**Weights: 4-5Open Gym: 5-6 |
| **Week 3:****July 11-14** | **July 11:**Conditioning: 4-5Open Gym: 5-6 | **July 12:**Weights: 4-5Open Gym: 5-6 | **July 13:**Conditioning: 4-5Open Gym: 5-6 | **July 14:**Weights: 4-5Open Gym: 5-6 |
| **Week 4:****July 18-21** | **July 18:**Conditioning: 4-5Open Gym: 5-6 | **July 19:**Weights: 4-5Open Gym: 5-6 | **July 20:**Conditioning: 4-5Open Gym: 5-6 | **July 21:**Weights: 4-5Open Gym: 5-6 |
| **Week 5:****July 25-28** | **July 25:**Conditioning: 4-5Open Gym: 5-6 | **July 26:**Weights: 4-5Open Gym: 5-6 | **July 27:**Conditioning: 4-5Open Gym: 5-6 | **July 28:**Weights: 4-5Open Gym: 5-6 |
| **Week 6:****August 1-4** | **August 1:**Conditioning: 4-5Open Gym: 5-6 | **August 2:**Weights: 4-5Open Gym: 5-6 | **August 3:**Conditioning: 4-5Open Gym: 5-6 | **August 4:**Weights: 4-5Open Gym: 5-6 |

**On conditioning days, please bring your own water, do not eat a heavy lunch and do not eat after 12:30 pm.**

**Location**

  **Open Gym**: Bobby Lesley Gymnasium

 **Weights**: Field House Weight Room (far side of the track-corner of Montwood and Linum Streets)

 **Conditioning**: Bobby Lesley Gymnasium

**Reasons to come to Summer Weights and Conditioning:**

* coming to weights and conditioning helps you to slowly move into the type of condition that is required of a high school athlete
* coming to weights and conditioning gives you the opportunity to meet the upper class players that have been in the program for the past 1-3 years and have someone to ask for help when school begins
* coming to weights and conditioning helps the coaching staff get to know you before school begins