**Eastwood Lady Troopers’**

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

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