

FOX CHAPEL

Fox Chapel Area School District
Summer 2019 Strength and Conditioning
Master Schedule

FOX CHAPEL

	Monday	Tuesday	Wednesday	Thursday
8:00-9:00 AM	Football HS/MS Girls Soccer HS/MS Girls Volleyball HS/MS	Football HS/MS Girls Soccer HS/MS Wrestling HS/MS	Football HS/MS Girls Soccer HS/MS Girls Volleyball HS/MS	Football HS/MS Girls Soccer HS/MS Wrestling HS/MS
9:00-10:00 AM	Speed/Agility Camp	Elementary Camp	Speed/Agility Camp	Elementary Camp
10:00-11:00 AM	Boys Soccer HS/MS Girls/Boys Tennis	Boys Soccer HS/MS Girls/Boys Tennis Baseball	Boys Soccer HS/MS Girls/Boys Tennis	Boys Soccer HS/MS Girls/Boys Tennis Baseball
5:00-6:00 PM	Boys LAX Cheerleading Shot/Jav/Disc Throwers	Boys LAX Cheerleading Field Hockey HS/MS	Boys LAX Shot/Jav/Disc Throwers	Boys LAX Field Hockey HS/MS
6:00-7:00 PM	DMS HS Open Room	DMS HS Open Room	DMS HS Open Room S	DMS HS Open Room

Notes:

1. Workouts begin Monday 6/17/19 and continue through 8/8/19.
2. DMS Athletes (Entering Grades 7-8 Fall 2019) are encouraged to attend workouts with the varsity teams of their chosen sport as listed. If no workout has been listed for your team you should attend the DMS workout time from 6:00-7:00 PM.
3. Questions? Contact Brandon_Peifer@fcsd.edu