



**Fox Chapel Area School District**  
**Summer 2022 Strength and Conditioning**  
**Schedule**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>7:00-8:00 AM</b>	-Swim and Dive		-Swim and Dive	
<b>8:00-9:00 AM</b>	-Football HS/DMS	-Football HS/DMS	-Football HS/DMS	-Football HS/DMS
<b>9:00-10:00 AM</b>	-Girls VB HS/DMS - Open workout for DMS students	-Girls VB HS/DMS -Baseball HS/DMS	-Girls VB HS/DMS -Girls Basketball HS/DMS - Open workout for DMS students	-Girls VB HS/DMS -Baseball HS/DMS -Girls Basketball HS/DMS
<b>10:00-11:00 AM</b>	-Boys Soccer HS/DMS -Wrestling HS/DMS	-Boys Soccer HS/DMS -Wrestling HS/DMS	-Boys Soccer HS/DMS	-Boys Soccer HS/DMS -Wrestling HS/DMS
<b>5:00-6:00 PM</b>	-Cheer (5:30-6:00) -HS/DMS Hockey -Girls Basketball HS/DMS (5:00-5:30)	-Cheer (5:30-6:00) -HS/DMS Hockey	-HS/DMS Hockey	-Cheer (5:30-6:00) -HS/DMS Hockey
<b>6:00-7:00 PM</b>	-Girls Soccer HS/DMS	-Girls Soccer HS/DMS -Field Hockey HS/DMS	-Girls Soccer HS/DMS	-Girls Soccer HS/DMS -Field Hockey HS/DMS

**Notes:**

1. Workouts begin Monday 6/13/22 and continue through 8/4/22.
2. Workouts will begin promptly on the hour. Athletes should arrive 10 minutes before the scheduled workout time to check-in and start warming up.
3. Athletes should properly hydrate and eat before every training session! They should also bring their own water to each training session.
4. DMS Athletes (Entering Grades 7-8 Fall 2022) are encouraged to attend workouts with the varsity teams of their chosen sport (if DMS is listed). If no DMS workout has been listed for your team, you should attend the "Open Workout for DMS students" sessions on Mondays and Wednesdays from 9:00-10:00 AM..
5. If you are a multi-sport athlete, you should only attend one S&C session per day. Please choose the sport that's the nearest season (ex. Football player and wrestler would attend football workouts as it is a fall sport and wrestling is a winter sport).
6. Questions? Contact [Brandon\\_Peifer@fcasd.edu](mailto:Brandon_Peifer@fcasd.edu)