

**FOX CHAPEL**

***Fox Chapel Area School District***  
**Summer 2023 Strength and Conditioning**  
**Schedule**

**FOX CHAPEL**

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>7:00-8:00 AM</b>	- Boys LAX (7:30 AM Start)		
<b>8:00-9:00 AM</b>	- Wrestling HS & DMS	- Wrestling HS & DMS - DMS Football	- Wrestling HS & DMS - DMS Football
<b>9:00-10:00 AM</b>	-Boys Soccer HS & DMS -Baseball HS & DMS	-Boys Soccer HS & DMS -Baseball HS & DMS	-Boys Soccer HS & DMS -Baseball HS & DMS
<b>10:00-11:00 AM</b>	-Football (9:30 AM start)	-Football (9:30 AM start)	-Football (9:30 AM start)
<b>5:00-6:00 PM</b>	-Girls Soccer HS & DMS (5:00-5:30)  -Girls Basketball HS & DMS  -Cheerleading (5:30-6:00)	-Girls Soccer HS & DMS (5:00-5:30)  -Cheerleading (5:30-6:00)	-Girls Soccer HS & DMS (5:00-5:30)  -Cheerleading (5:30-6:00)
<b>6:00-7:00 PM</b>	- Open Weight Room for all HS and DMS	- Field Hockey HS & DMS	- Field Hockey HS & DMS

**Notes:**

1. Workouts begin Monday 6/12/23 and continue through 7/27/23.
2. Workouts will begin promptly on the hour (unless otherwise noted). Athletes should arrive 10 minutes before the scheduled workout time to check-in and start warming up.
3. Athletes should properly hydrate and fuel (eat) before every training session! They should also bring their own water to each training session.
4. DMS Athletes (Entering Grades 7-8 Fall 2023) 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" session.
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. an athlete who plays football and wrestles would attend football workouts as it is a fall sport and wrestling is a winter sport).
6. Questions? Contact Brandon\_Peifer@fcasd.edu