



Fox Chapel Area School District
Summer 2025 Strength and Conditioning
Master Schedule



	Monday	Tuesday	Wednesday	Thursday
8:00-9:00 AM	Boys LAX	Girls Volleyball Girls LAX Girls Field Hockey Girls Wrestling		Girls Volleyball Girls LAX Girls Field Hockey Boys LAX
9:00-10:00 AM	Football (9:30-11:00) Baseball (9:30-10:15)	Football (9:30-11:00) Baseball (9:30-10:15)		Football (9:30-11:00)
10:00-11:00 AM	Football (9:30-11:00)	Football (9:30-11:00) Girls Tennis		Football (9:30-11:00) Girls Tennis
5:00-6:00 PM	Cheerleading	Girls Soccer	Girls Soccer Girls Wrestling	Cheerleading
6:00-7:00 PM	Crew	DMS Football	Crew	DMS Football

Notes:

1. Workouts begin Monday 6/16/25 and continue through 7/24/25.
2. Be sure to come prepared to workouts fueled and hydrated with proper athletic attire and shoes. Also be sure to bring your own water bottle for during the workout.
3. Questions? Contact Brandon_Peifer@fcasd.edu