



Winter Weightlifting Schedule

2018-2019

December 2018

M	T	W	T	F
	27	28	29	30
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

<u>IMPORTANT DATES</u>	
Tuesday/Thursday Lifting 3:10-4:30	
Dec 13-19	Finals Week – No Lifting
Dec 21-31	Winter Break

January 2019

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

<u>IMPORTANT DATES</u>	
Dec. 31-Jan 4	NO SCHOOL
Tuesday/Thursday	Lifting 3:10-4:30
Jan 21	NO SCHOOL

February 2019

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

<u>IMPORTANT DATES</u>	
Tuesday/Thursday Lifting 3:10-4:30	
Feb 15	NO SCHOOL
Feb 18	NO SCHOOL

All workouts will be at the Junior High weight room. Dress will be shirt, shorts, and athletic shoes.

Athletes - Report to the locker room after the 3:03 bell. Be dressed and ready by 3:10.