

Ohio State Sport Performance

Olentangy Liberty High School

Main Weight Room Schedule

Summer 2019

Monday, June 3 - Friday, July 26



Liberty Strength & Conditioning

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	<i>Main Weight Room</i>						
7:00am					<b>Weight Room Closed</b>		
7:30am							
8:00am	<i>Football</i>	<i>Girls Soccer</i>	<i>Football</i>	<i>Football Girls Soccer</i>			
8:30am							
9:00am	<i>Football Speed &amp; Skills</i>	<i>Boys Off Season Group #1</i>	<i>Boys &amp; Girls XC/MS Girl Athletes</i>	<i>Boys Off-Season Group #1</i>		<i>Football Speed &amp; Skills</i>	<i>Boys &amp; Girls XC/MS Girl Athletes</i>
9:30am							
10:00am	<i>Middle School Boy Athletes</i>		<i>Field Hockey Girls Basketball Girls Volleyball</i>	<i>Middle School Boy Athletes</i>		<i>Field Hockey Girls Basketball Girls Volleyball</i>	
10:30am							
11:00am	<i>Boys Off-Season Group #2</i>			<i>Boys Off-Season Group #2</i>		<i>Girls Off-Season Group #2</i>	
11:30am							
12:00pm	<i>Boys Soccer</i>			<i>Boys Soccer</i>			
12:30pm							

**Athletic Training Room Summer Hours - Monday-Thursday, 8:00am to 12:00pm**