

Rules

No conditioning after 12

Weight room open until 4

No ball

Staggered times

Can run in AM and lift in PM

PLAYERS ARRIVE IN STUDENT PARKING LOT

15 MIN BEFORE WORKOUT FOR SCREENING OUTSIDE OF WEIGHTROOM

WITH THEIR DESIGNATED COACH

PLAYERS DEPART FROM THE BUSLOOP WITHIN 15 OF COMPLETING WORKOUTS

PLAYERS ARE REQUIRED TO BRING THEIR OWN: CLEATS, SHOES, CHANGE OF CLOTHES, MASK, BOTTLE OF WATER, AND SNACK

Pods/times

Monday-Thursday

Groups begin at different area each day

MONDAY -Field (bring cleats and tennis shoes)

POD A 7:30 - 8:30

POD B 7:45 - 8:45

POD C 8:00 - 9:00

POD D 8:15 - 9:15

POD E 8:30 - 9:30

POD F 8:45 - 9:45

POD G 9:00 -10:00

POD H 9:15 - 10:15

TUESDAY/THURSDAY - Weight room (Bring tennis shoes and Cleats just in case)

POD E 7:30

POD F 8:30

POD G 9:30

POD H 10:30

POD A 12:00

POD B 1:00

POD C 2:00

POD D 3:00

WEIGHT ROOM PM SHIFTS

	MONDAY
POD A 12:00-12:45	LIFT
POD B 1:00-1:45	LIFT
POD C 2:00-2:45	LIFT
POD D 3:00-3:45	LIFT
POD E 12:00-12:45	OFF
POD F 1:00-1:45	OFF
POD G 2:00-2:45	OFF
POD H 3:00-3:45	OFF

POD A **RANGEL**

COACH LIGHT

POD B **RIFFE**

COACH AGARD/FISHER

POD C **SCHWALBACH**

COACH THOMPSON

POD D **HUFF**

COACH GRANATO/FISHER

POD E **MAYS**

COACH LIGHT

POD F **CLIFTON**

COACH AGARD/FISHER

POD G **BRIDGEWATER**

COACH THOMPSON

POD H **GORBERG**

COACH GRANATO/FISHER

TUESDAY	WEDNESDAY	THURSDAY
LIFT	OFF	LIFT
LIFT	OFF	LIFT
LIFT	OFF	LIFT
LIFT	OFF	LIFT
OFF	OFF	OFF
OFF	OFF	OFF
OFF	OFF	OFF
OFF	OFF	OFF

FICKA	FULLER	STREHLE	PUTIGNA	WELLS	EALY	WATSON	RANGEL
RIFFE	VALENTINE	CZACHOROWSKI	MADRID	FRANCOIS	ATHENS		GOODMAN
POLYNICE	JAMARI JONES	CASTELL	LEX JONES	HATCH	FLOYD	LANIER	GAINES
GIBSON	MCDOOM	RUDOLPH	JASHARI JONES	WALDEN	MAIN	SULLIVAN	ROSSER
HOYT	HARRINGTON	CELANO	DODGE	PERRY	DUNCAN	STONEBURG	HOLLEY
T. JACKSON	ADKINS	MCCALLUM	MOORE	WORRELL	HOSKINS	J. WHITE	GALEANO
NEDD	BYRDESELL	DOOLEY	ALEJANDRO	POWELL	PATTERSON	TASSONE	WILLIS
I. JONES	TORRENCE	TAYLOR	AMES	POWELL	JANSSEN	HERNANDEZ	TOLBERT