The weight room will be open on Monday, Wednesday and Friday during the Winter season. The weight room will be open immediately after school. All players not participating in a Cosby sponsored sport are expected to attend. Attendance will be taken every Wednesday, we will be working on team or group activities on Wednesdays. All players are expected to attend 80% of the Wednesday workouts.

Workouts will move to Monday, Wednesday and Thursday when Spring sports begin.

8th graders or players coming out for the first time are invited to attend. A VHSL physical must be turned in to work out.