

# Sanderson High School Athletic Department 2009 Summer Weight Room Schedule

**Important:** All participants must have a current ATHLETIC FORMS packet on file before participating in any activity whatsoever.

| Mondays   | Tuesdays                                       | Wednesdays   | Thursdays                                  |
|---|--|--|--|
| <b>Football 8-10</b>  | <b>Football 8-10</b>                           | <b>Football 8-10</b>                               | <b>Football 8-10</b>                       |
| <b>Baseball, Men's Basketball,<br/>Wrestling<br/>10-11 AM</b> | <b>Baseball, Men's Basketball<br/>10-11 AM</b> | <b>Men's Basketball<br/>Wrestling<br/>10-11 AM</b> | <b>Baseball<br/>Wrestling<br/>10-11 AM</b> |
| <b>All female athletes<br/>11-12</b>                          | <b>All female athletes<br/>11-12</b>           |  | <b>All female athletes<br/>11-12</b>       |

Dates:

|      |    |    |    |    |
|------|----|----|----|----|
|      | M  | T  | W  | Th |
| June | 15 | 16 | 17 | 18 |
|      | 22 | 23 | 24 | 25 |
|      | 29 | 30 |    |    |
| July |    |    | 1  | 2  |
|      | 6  | 7  | 8  | 9  |
|      | 13 | 14 | 15 | 16 |
|      | 20 | 21 | 22 | 23 |
|      | 27 | 28 | 29 | 30 |

The weight room reopens on June 15.

**Calendar exceptions**

No football weightlifting on June 29, 30 July 1, 2, 29.

No men's basketball weightlifting on June 15,16,17,30 and July 1,20,21,22

No female weightlifting on July 2 and July 20.

**Who can participate?**

Only eligible Sanderson student-athletes with current ATHLETIC FORMS on file are allowed to participate.

Participants can bring ATHLETIC FORMS on the first day they participate.

Rising ninth graders are allowed to participate provided that they have finished eighth grade.

Eighth graders still in year-round school who want to lift for football should contact Coach Lewis at rlewis1@wcpss.net

Graduates are not allowed to participate by WCPSS policy because of liability issues. No exceptions.