

Sanderson High School Athletic Department 2011 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	Friday
Football 8-10	Football 8-10	Football 8-10	Football 8-10	
Men's Basketball, Baseball & Other Male Athletes 10-11 AM	Men's Basketball & Other Male Athletes 10 - 11 AM		Men's Basketball, Baseball & Other Male Athletes 10-11 AM	
All female athletes 12:00 - 1:00	All female athletes 12:00 - 1:00		All female athletes 12:00 - 1:00	
	Wrestling & Any Other Athletes 4 - 5			Wrestling & Any Other Athletes 4 - 5

Dates:

	M	T	W	Th	F
June	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	
July		1	2	3	
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	39

The weight room reopens on June 14.

Calender exceptions

The weight room will be closed on July 4.
No football lifting June 27 - July 11

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.