

SHS Spring Lifting Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
230-3 Girls Crew/Girls Rugby	230-3 Baseball/Boys Crew	230-3 Girls Crew/Girls Rugby	230-3 Baseball/Boys Crew	230-3 Baseball
3-345 Football	3-345 Football	3-345 S&C	3-345 Football	3-345 Football
345-415 Glax	345-430 S&C	345-415 Track	345-415 Glax	345-415 Track

Each team must arrive 15 minutes early and warmup prior to entering the weight room

IF YOU DO NOT WARMUP PRIOR TO ENTERING YOU WILL NOT LIFT