

EHS 2019 SUMMER STRENGTH & CONDITIONING CALENDAR/KEY POINTS

SUMMER WORKOUT TIME FRAME: MONDAY JUNE 10TH THROUGH 1ST DAY OF SEASON OR 1ST DAY OF SCHOOL (WHICHEVER COMES FIRST)

TIME ALLOWED WITH ATHLETES: 2 CONSECUTIVE HOURS PER DAY (SPORT SPECIFIC INSTRUCTION IS ON TOP OF THE 2 HOURS OF STRENGTH & CONDITIONING)

SPORT SPECIFIC ALLOWANCE: 2 HOURS PER WEEK (HOWEVER YOU WANT TO SPLIT IT/CAN'T EXCEED ONE HOUR A DAY)

UIL PERIOD OF NO ACTIVITY DAYS (FACILITIES MAY NOT BE OPENED FOR ANY REASON AT ALL FOR STUDENT ATHLETES): THURSDAY JULY 4TH (HOLIDAY), TUESDAY JULY 9TH, WEDNESDAY JULY 10TH, MONDAY JULY 22ND, & TUESDAY JULY 23RD

ALLOWABLE WORKOUT DAYS: MONDAY-THURSDAY
EXCEPTIONS: FRIDAY JULY 12TH & FRIDAY JULY 26TH

WORKOUT TIMES

- **SWIMMING 6:00-7:00 AM WEIGHT ROOM (MONDAYS & WEDNESDAYS ONLY)**
- **BASEBALL 7:00-8:00 AM WEIGHT ROOM**
- **FOOTBALL/BOYS & GIRLS WRESTLING 8:00-11:00 AM WEIGHT ROOM/FIELD**
 - 11:00-11:30 FIELD (UIL ALLOWED SKILL DEVELOPMENT)
- **BOYS BASKETBALL 11:15-12:30 WEIGHT ROOM**
 - 12:30-1:00 MAIN GYM (UIL ALLOWED SKILL DEVELOPMENT)
 - 1:00-2:30 MAIN GYM (OPEN GYM)
- **BOYS SOCCER 12:30-1:30 WEIGHT ROOM (TUESDAYS & THURSDAYS)**
 - 11:30-12:30 FIELD (UIL ALLOWED SKILL DEVELOPMENT) MONDAYS & WEDNESDAYS ONLY
- **GIRLS SOCCER 12:30-1:30 WEIGHT ROOM (MONDAYS & WEDNESDAYS)**
 - 11:30-12:30 FIELD (UIL ALLOWED INSTRUCTION) TUESDAYS & THURSDAYS ONLY
- **GIRLS BASKETBALL 1:30-2:30 WEIGHT ROOM (JULY ONLY)**
 - 2:30-3:00 PM MAIN GYM (UIL ALLOWED SKILL DEVELOPMENT)
 - 3:00-4:30 PM MAIN GYM (OPEN GYM)
- **SOFTBALL 2:30-3:30 PM WEIGHT ROOM**
- **TENNIS 3:30-4:30 PM WEIGHT ROOM**
- **BOYS & GIRLS TRACK/CROSS COUNTRY 6:30-8:00 PM WEIGHT ROOM/TRACK**