

Coconut Creek High School 2021 Voluntary Summer Workout Program Weekly Schedule

	Monday				Tuesday			Wednesday				Thursday			
	Alt. Locati	on	Gym	Weight Room	Alt. Location	Gym	Weight Room	Alt. I	ocation	Gym	Weight Room	Alt. Lo	ocation	Gym	Weight Room
11:30															Davis Mallanta III
12:00															Boys Volleyball
12:30			Girls			Girls				Girls					
1:00			Basketball			Basketball				Basketball				Boys Volleyball	
1:30				Cheer			Cheer				Cheer				Cheer
2:00				Track and Cross			Track and Cross				Track and Cross				Track and Cross
2:30		restling	Girls	Country	Ohaar (Darras Baarra)		Country	Cheer	Wrestling	Girls	Country	Ohaan (Da	D		Country
3:00		restling Room)	Volleyball		Cheer (Dance Room)			(Dance Room)	(Wrestling Room)	Volleyball		Crieer (Da	ince Room)		
3:30				Baseball		Boys Basketball	Baseball				Baseball			Boys	Baseball
4:00	Tra	ack and			Track and				Track and				Track and	Basketball	
4:30		Cross ountry			Cross Country				Cross Country				Cross Country		
5:00	Т)	Γrack)			(Track)				(Track)	Boys Basketball			(Track)		
5:30	Trackle Football (Field)				Trackle Factball (Fig.14)			Trackle Football (Field)				Trackle Football (Field)			
6:00					Trackle Football (Field)			TTACKIE F	ootball (Fleid)			Trackle Fo	otbali (FIEID)		

June 21st - August 17th

Tackle Football: Field and Conditioning Workout (Weight Training During Summer School)
Girls Volleyball: Voluntary Skills and Conditioning Workout (Monday and Wednesday Only)
Girls Basketball: Voluntary Workouts (Monday - Wednesday in Gym)
Boys Basketball: Voluntary Workouts in Gym (Tuesday-Thursday)
Boys Volleyball: Voluntary Thursday 11:30 -12:15 Weight Room, 12:15 - 2:30 Gym
Cheer: Workouts Occur in Dance Room (Weight Room 1:30 - 2:30 No Weight Bearing Activities)
Track and Field/Cross Country: 2:00 - 4:00 Weight Room, 4:00 - 5:00 Track
Baseball: Weight Room before RBI Program Practice
Wrestling: Monday and Wednesday (Wrestling Room)