

Coconut Creek High School 2021 Voluntary Summer Workout Program Weekly Schedule

	Monday				Tuesday			Wednesday				Thursday			
	Alt. Lo	Alt. Location		Weight Room	Alt. Location	Gym	Weight Room	Alt. Location		Gym	Weight Room	Alt. Location		Gym	Weight Room
11:30															Davis Mallavila 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	Cheer	Wrestling (Wrestling	Girls	Country	Cheer (Dance Room)		Country	Cheer	Wrestling (Wrestling	Girls	Country	Choor (I	Dance Room)		Country
3:00	(Dance Room)	Room)	Volleyball		Cheer (Dance Room)			(Dance Room)	Room)	Volleyball		Crieer (I	Dance Room)		
3:30	rtoomj			Baseball		Boys Basketball	Baseball	Roomy	rtoom)		Baseball			Boys	Baseball
4:00		Track and			Track and				Track and				Track and	Basketball	
4:30		Cross Country			Cross Country		·		Cross Country				Cross Country		
5:00		(Track)			(Track)				(Track)	Boys Basketball			(Track)		
5:30	Trackle Football (Field)				Trackle Football (Field)			Trackle Fo	Trackle Football (Field)			Trackle Football (Field)			
6:00					Trackie Football (Fleid)			Trackle Football (Field)							

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)