



## Coconut Creek High School 2021 Voluntary Summer Workout Program Weekly Schedule

	Monday			Tuesday			Wednesday			Thursday		
	Alt. Location	Gym	Weight Room	Alt. Location	Gym	Weight Room	Alt. Location	Gym	Weight Room	Alt. Location	Gym	Weight Room
11:30												Boys Volleyball
12:00		Girls Basketball			Girls Basketball			Girls Basketball			Boys Volleyball	
12:30												
1:00												
1:30			Cheer			Cheer			Cheer			Cheer
2:00	Cheer (Dance Room)	Wrestling (Wrestling Room)	Girls Volleyball	Track and Cross Country	Baseball	Track and Cross Country	Cheer (Dance Room)	Wrestling (Wrestling Room)	Girls Volleyball	Track and Cross Country	Baseball	Track and Cross Country
2:30												
3:00												
3:30												
4:00		Track and Cross Country (Track)			Boys Basketball			Boys Basketball			Boys Basketball	
4:30												
5:00												
5:30	Trackle Football (Field)											
6:00												

**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)