

# Roosevelt Summer 2024 Strength and Conditioning

JUNE

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**Start Date**      **Pre-Testing @ Fieldhouse**

JULY

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

**End Date**      **OFF/Deadweek**

## JUNE WEEKLY SCHEDULE

## JULY WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football
7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling
8:30-9:30AM Volleyball	8:00 - 9:00AM Girls Soccer, Girls XC, Girls Wrestling	8:30- 9:30AM Volleyball	8:00-9:00AM Girls Soccer, Girls XC, Girls Wrestling
10:00-11:00AM 10-12 Boys Basketball	9:00-10:00AM Boys Soccer, Boys XC, Boys Wrestling		9:00-10:00AM Boys Soccer, Boys XC, Boys Wrestling
11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball	10:00-11:00AM 10 - 12 Boys Basketball	11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball	10:00-11:00AM 10-12 Boys Basketball
	11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball		11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football	6:00-7:00AM 10 - 12 Football
7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling	7:00-8:00AM 9th Football, Basketball, Wrestling
8:30-9:30AM Volleyball	8:00 - 9:00AM Girls Soccer, Girls XC, Girls Wrestling	8:30- 9:30AM Volleyball	8:00-9:00AM Girls Soccer, Girls XC, Girls Wrestling
10:00-11:00AM 10-12 Boys Basketball	9:00-10:00AM Boys Soccer, Boys XC, Boys Wrestling		9:00-10:00AM Boys Soccer, Boys XC, Boys Wrestling
11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball	10:00-11:00AM 10 - 12 Boys Basketball	11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball	10:00-11:00AM 10-12 Boys Basketball
	11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball		11:00AM-12:00PM Girls Basketball, Girls Tennis, Cheerleading, Dance, Softball

## SANFORD SCORE TESTING - TUESDAY MAY 28 - ONLY @ SANFORD FIELDHOUSE

JUNIOR AND SENIOR BOYS 8:00 - 9:30

FRESHMAN AND SOPHOMORE BOYS 9:30 - 11:00

JUNIOR AND SENIOR GIRLS 11:00 - 12:30

FRESHMAN AND SOPHOMORE GIRLS 12:30 - 1:00

SCHEDULE MAY BE SUBJECT TO CHANGE