

Summer 2017 Weight Room Schedule

Monday

7:30-9am Women's Soccer
9-11am Football
11-12pm M+W Basketball
12pm-1pm Cross Country/Alumni
1pm-On **CLOSED**

Tuesday

7:30-9am Men's Soccer
9-11am Football
11-12p M+W Basketball Winter/Spring Athletes
12-1pm College Alumni
1-4:30pm **CLOSED**
4:30-5:30p Men's Golf
5:30-7pm Volleyball
7pm-On **CLOSED**

Wednesday

7:30-9am Women's Soccer
9-10a Cross Country
11-12pm Winter/Spring/Alumni
12pm-On **CLOSED**

Thursday

7:30-9am Men's Soccer
9-11am Football
11-12pm M+W Basketball
12-4:30pm **CLOSED**
4:30-5:30p Men's Golf
5:30-7pm Volleyball
7pm-On **CLOSED**

Friday

8-9am Volleyball
9-11am Football
11-12pm Winter/Spring/Alumni
12pm-On **CLOSED**

Weight Room Rules:

1. All student athletes are expected to be prompt and dressed in workout attire.
2. Alumni time is for COLLEGE AGE Badin Alumni only.
3. No one will be permitted to use the weight room facilities during unsupervised CLOSED hours.
4. Contact Craig Cheek with questions: 513-869-8079 or email ccheek@BadinHS.org

