New Weight Room (Supervision: Bracci & assistant coaches)	Indoor Field	Practice Field	Stadium Field	Softball Field	Baseball Field	Main Gym	Aux Gym	Wrestling Room	Track/ Neighborhood	Fieldhouse Weight Room (JH athletes) (Supervision: Sport Coaches)
6:15-7:00am										6:15-7:00am
Weight Room/Field Set Up Meet with coaches										Weight Room/Field Set Up Meet with coaches
7am-8am Football (Varsity + JV) 90-100 kids	warm ups & aux lift area	9 Football		Softball						
8am-9am Football Freshman (70) Softball (40)	warm ups & aux lift area	JV/V Football							HS Cross Country	JH XC Team Lift
9am-10am Cross Country/TF (65-75) Wrestling (15-20) Girls Basketball (20-25)	warm ups & aux lift area	G/B Soccer	JH 8th Football		Baseball				JH Cross Country	JH Football 7th Lift
10am-11am Baseball (40-50) Girls Soccer (10-15) Boys Soccer (20)	warm ups & aux lift area		JH 7th Football			Volleyball	Girls Basketball	Wrestling		JH 8th Football LIft
11am-12pm Volleyball (35-40)	warm ups & aux lift area									
12pm-1pm	warm ups & aux lift area									