



2025 Summer Performance Training Schedule | Begins: 6/9/2025

LOCATION KEY: ■ = Smith Weight Room/Roth Building ■ = Center for Performance and Leadership (next to Gallagher Gymnasium)

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m. 9:00 a.m.	Football	Football	Football	Football	
9:00 a.m. 10:00 a.m.	Basketball (All) Soccer (All) Wrestling Tennis Rugby	Cross Country Track Softball Volleyball	Basketball (All) Soccer (All) Wrestling Tennis Rugby	Cross Country Track Volleyball Softball	Iron Cadet Movement Session @Fernandez Field (Open to all Athletes)
10:00 a.m. 11:00 a.m.	Crew Swim & Dive Golf Hockey (Boys) B. Lax	Field Hockey G. Lax G. Hockey Equestrian	Crew Swim & Dive Golf Hockey (Boys) B. Lax	Field Hockey G. Lax G. Hockey Equestrian B. Lax	Iron Cadet Strength Session (Open to all Athletes)
11:00 a.m. 12:00 p.m.	Sport Performance Camps	Sport Performance Camps	Sport Performance Camps	Sport Performance Camps	
12:00 p.m. 2:00 p.m.	Summer School Baseball	Summer School Baseball	Summer School Baseball	Summer School Baseball	Baseball

Contact: Matt Smith, Director of Sport Performance (msmith@stjohnschs.org)

TIPS FOR SUCCESS:

- *Wear athletic gear & bring a water bottle.
- *Arrive 10 minutes before your scheduled time.
- *Use the Oregon Ave entrance to St. John's & the main entrance of the Center for Performance & Leadership (Gallagher Gymnasium doors).
- *The Smith Weight Room is located in the basement of Roth Gymnasium & the CPL Weight Room is located along the side hall of the CPL.
- *Make sure your physical is up to date in Magnus & notify the Strength & Conditioning Staff of any previous or current medical conditions.