2026-27 WINTER SPORTS
Conditioning Schedules

Activity	Date	Time	End Time	Location
Basketball, Boys - Conditioning (V/JV)	10/6/2026	6:00 PM	8:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (V/JV)	10/13/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	10/15/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	10/22/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	10/27/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	10/29/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	11/3/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	11/5/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	11/10/2026	6:00 PM	8:00 PM	SHS Gym
Basketball, Boys - Conditioning (V/JV)	11/12/2026	6:00 PM	8:00 PM	SHS Gym

Activity	Date	Time	End Time	Location
Basketball, Boys - Conditioning (MS)	10/12/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/14/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/19/2026	3:00 PM	5:00 PM	I HS Gym - Aux
Basketball, Boys - Conditioning (MS)	10/21/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/26/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/27/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/28/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	10/29/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/2/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/3/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/4/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/5/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/9/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/10/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/11/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/12/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/16/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Boys - Conditioning (MS)	11/17/2026	3:00 PM	5:00 PM	I HS Gym - Main

2026-27 WINTER SPORTS
Conditioning Schedules

Activity	Date	Time	End Time	Location
Basketball, Girls (V/JV) - Conditioning	10/6/2026	4:00 PM	6:00 PM	I HS Gym - Main
Basketball, Girls (V/JV) - Conditioning	10/6/2026	6:30 PM	7:00 PM	I HS Gym - Aux + I HS Aux Fitness
Basketball, Girls (V/JV) - Conditioning	10/8/2026	4:00 PM	6:00 PM	I HS Gym - Main
Basketball, Girls (V/JV) - Conditioning	10/8/2026	6:30 PM	7:00 PM	I HS Gym - Aux + I HS Aux Fitness
Basketball, Girls (V/JV) - Conditioning	10/13/2026	3:00 PM	5:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/13/2026	5:00 PM	5:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	10/15/2026	4:00 PM	6:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/15/2026	6:00 PM	6:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	10/19/2026	3:00 PM	5:00 PM	I HS Gym - Main
Basketball, Girls (V/JV) - Conditioning	10/19/2026	5:00 PM	5:30 PM	I HS Gym - Aux + I HS Aux Fitness
Basketball, Girls (V/JV) - Conditioning	10/22/2026	4:00 PM	6:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/22/2026	6:00 PM	6:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	10/26/2026	3:00 PM	5:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/26/2026	5:00 PM	5:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	10/27/2026	4:00 PM	6:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/27/2026	6:00 PM	6:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	10/29/2026	3:00 PM	5:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	10/29/2026	5:00 PM	5:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/2/2026	5:00 PM	7:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	11/2/2026	7:00 PM	7:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/4/2026	4:00 PM	6:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	11/4/2026	6:00 PM	6:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/5/2026	3:00 PM	5:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	11/5/2026	5:00 PM	5:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/9/2026	5:00 PM	7:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	11/9/2026	7:00 PM	7:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/10/2026	3:00 PM	5:00 PM	SHS Gym
Basketball, Girls (V/JV) - Conditioning	11/10/2026	5:00 PM	5:30 PM	SHS Weight Room
Basketball, Girls (V/JV) - Conditioning	11/11/2026	5:00 PM	7:00 PM	I HS Gym - Main
Basketball, Girls (V/JV) - Conditioning	11/11/2026	7:00 PM	7:30 PM	I HS Gym - Aux + I HS Aux Fitness

2026-27 WINTER SPORTS
Conditioning Schedules

Activity	Date	Time	End Time	Location
Swim & Dive (V/JV) - Conditioning	11/2/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/3/2026	3:00 PM	5:30 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/4/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/5/2026	3:00 PM	5:30 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/6/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/9/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/10/2026	3:00 PM	5:30 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/11/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/12/2026	3:00 PM	5:30 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/13/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/14/2026	8:00 AM	10:00 AM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/16/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/17/2026	3:00 PM	5:30 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/18/2026	3:00 PM	5:00 PM	SV AQC Pool
Swim & Dive (V/JV) - Conditioning	11/19/2026	3:00 PM	5:30 PM	SV AQC Pool

2026-27 WINTER SPORTS
Conditioning Schedules

Activity	Date	Time	End Time	Location
Wrestling - Conditioning	10/5/2026	3:00 PM	5:00 PM	West Field House (WFH) Wrestling Room
Wrestling - Conditioning	10/5/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/7/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/7/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/12/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/12/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/14/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/14/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/19/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/19/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/21/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/21/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/26/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/26/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	10/28/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	10/28/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/2/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/2/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/4/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/4/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/9/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/9/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/11/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/11/2026	4:00 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/16/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/16/2026	4:30 PM	5:00 PM	WFH Weight Room
Wrestling - Conditioning	11/18/2026	3:00 PM	5:00 PM	WFH Wrestling Room
Wrestling - Conditioning	11/18/2026	4:00 PM	5:00 PM	WFH Weight Room