

WEIGHT ROOM

WINTER 2019 (JAN. & FEB.) SCHEDULE



JANUARY 2019

DATE	TIME	LOCATION	COACH
WEDNESDAY – 01/02	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
THURSDAY – 01/03	3:00 – 5:00 PM	DMHS	GHOTOK
TUESDAY – 01/08	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
WEDNESDAY – 01/09	3:00 – 5:00 PM	DMHS	GHOTOK
THURSDAY – 01/10	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
TUESDAY – 01/15	3:00 – 5:00 PM	DMHS	GHOTOK
WEDNESDAY – 01/16	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
THURSDAY – 01/17	3:00 – 5:00 PM	DMHS	GHOTOK
TUESDAY – 01/22	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
WEDNESDAY – 01/23	3:00 – 5:00 PM	DMHS	GHOTOK
THURSDAY – 01/24	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
TUESDAY – 01/29	3:00 – 5:00 PM	DMHS	GHOTOK
WEDNESDAY – 01/30	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
THURSDAY – 01/31	3:00 – 5:00 PM	DMHS	GHOTOK

WEIGHT ROOM

WINTER 2019 (JAN. & FEB.) SCHEDULE



FEBRUARY 2019

DATE	TIME	LOCATION	COACH
TUESDAY – 02/05	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
WEDNESDAY – 02/06	3:00 – 5:00 PM	DMHS	GHOTOK
THURSDAY – 02/07	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
TUESDAY – 02/12	3:00 – 5:00 PM	DMHS	GHOTOK
WEDNESDAY – 02/13	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
THURSDAY – 02/14	3:00 – 5:00 PM	DMHS	GHOTOK
TUESDAY – 02/19	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
WEDNESDAY – 02/20	3:00 – 5:00 PM	DMHS	GHOTOK
THURSDAY – 02/21	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
TUESDAY – 02/26	3:00 – 5:00 PM	DMHS	GHOTOK
WEDNESDAY – 02/27	5:30 – 7:30 PM	W.W. STADIUM	HOYLE
THURSDAY – 02/28	3:00 – 5:00 PM	DMHS	GHOTOK

- SPRING SPORTS START ON FRIDAY, MARCH 1ST.
- ALL PHYSICALS/CONSENT FORMS/HEALTH HISTORY UPDATE FORMS NEED TO BE HANDED TO ATHLETIC OFFICE OR ATHLETIC TRAINER BY **FRIDAY, FEBRUARY 22** TO BE CLEARED TO PARTICIPATE ON MARCH 1ST.
- ANY FORMS HANDED IN AFTER FEBRUARY 22 MAY JEOPARDIZE STUDENT PARTICIPATION ON THE START DATE.