

## **2018 Blue Devil Summer Weight Program**

The 2018 Blue Devil Summer Weight Program schedule is as follows.

6:00 am - 7:00 am Football

7:00 am - 8:00 am Boys Sports

8:00 am - 9:00 am Softball, Girls Golf, Track

9:00 am - 10:00 am Volleyball, Girls Basketball

10:00 am - 11:00 am Jr High Girls

(Monday/Wednesday)

10:00 am - 11:00 am Boys (Tuesday/Thursday)

11:00 am - 12:00 pm Drivers Ed make up -

Open Weight Room

High School weights will be scheduled on Monday, Tuesday, Thursday and Friday. Wednesday will be a makeup date for all athletes.