



Loveland Tigers Strength Calendar Jan-Feb 2012

<i>Times p.m.</i>	Monday	Tuesday	Wednesday	Thursday	Friday
2:45-3:30	Football	Girl Athletes Only	Football	Girl Athletes Only	Football
3:30-4:15	Baseball	Swimming B. Track	Baseball	B. Lacrosse/ B.Soccer B. Track	Baseball
4:15-5:00	B. Lacrosse/ B.Soccer	CLOSED	B. Lacrosse/ B.Soccer	Swimming	CLOSED
5:00-5:30	Wrestling	G.Basketball	Wrestling <u>5:30 & Sat.</u> B.Basketball	G.Basketball	CLOSED

All teams must come in at their scheduled times.

A Coach must come with their team.

When school is closed, the weight room is closed.

All sports must lift with their sport coach after 5:00