



# 2024 Summer Performance Training Schedule | Begins: 6/17/2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am 9:00 am	Football	Football	Football	Football	
9:00 am 10:00 am	Basketball (All) Soccer (All) Wrestling Tennis Rugby	Cross Country Track  Softball Volleyball	Basketball (All) Soccer (All) Wrestling Tennis Rugby	Cross Country Track  Volleyball Softball	
10:00am 11:00am	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	
11:00 am 12:00 pm	Sport Performance Camps	Sport Performance Camps	Sport Performance Camps	Sport Performance Camps	
12:00 pm 2:00 pm	Baseball	Baseball	Baseball	Baseball	Baseball

Contact: Matt Smith, Director of Sport Performance ([msmith@stjohnschs.org](mailto: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 CPL/Athletics building (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.