



# Fall 2024 Performance Training Schedule - Begins Wednesday, August 28, 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 p.m. 4:00 p.m.	Lacrosse (Boys)  Football	Crew Golf Swim & Dive  Hockey (Girls) Equestrian	Lacrosse (Boys)  Football	Crew Golf Swim & Dive  Hockey (Girls) Equestrian	Lacrosse (Boys) Softball Tennis Volleyball
4:00 p.m. 5:00 p.m.	Hockey (Boys) Wrestling  Soccer Basketball	Rugby  Lacrosse (Girls) Field Hockey	Softball Tennis Volleyball Soccer Basketball	Rugby  Lacrosse (Girls) Field Hockey	Hockey (Boys)  Lacrosse (Girls)
5:00 p.m. 6:00 p.m.	Basketball  Baseball	Baseball  Track/XC	Basketball  Hockey(Boys) Wrestling	Track/XC  Baseball	