



Winter 2024-2025 Performance Training Schedule | Starts: 12/4/2024

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.	LAX (Boys) Lax (Girls) Field Hockey Volleyball Wrestling	Crew Golf Swim & Dive Rugby/ Hockey (Girls)	LAX (Boys) Lax (Girls) Field Hockey Volleyball Wrestling	Crew Golf Swim & Dive Wrestling/ Rugby/ Hockey (Girls)	LAX (Boys) Lax (Girls) Field Hockey Volleyball
4:00 p.m. 5:00 p.m.	Football Soccer (All) Hockey (Boys) (Turf)	Football Golf Tennis (All)	Football Soccer (All) Equestrian Softball	Football Golf Tennis (All)	Rugby Equestrian Softball Soccer(All)
5:00 p.m. 6:00 p.m.	Baseball	Baseball Cross Country/ Track		Cross Country/ Track Baseball	