

2022 Fall BFHS Weightroom Schedule (as of 11/11/2022)

Day	7AM- 8AM	315-415 PM	415-515 PM
Mon.		Boys Basketball	Swimming/ Track
Tue.		Baseball	BLAX starting 11/8 through V-Day
Wed.		Boys Basketball	Softball/ Girls Lacrosse
Thu.	Boys Volleyball	Baseball	BLAX through V-Day
Fri.		Boys Basketball	BLAX through V-day

The weightroom is available to all teams to be used on your own without Coach Taylor being present for any days or times that are not listed on this schedule. If this occurs, adult coaches must be present and are responsible for the safety of your athletes and the condition of the weightroom and locker rooms.

Any questions feel free to contact me directly,
Jtaylor@Fenwickfalcons.org

GVB wants 3 days a week starting 11/28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Swim (SW) 315-415 BSB 6-7 (Coach Sams)	2 BB 315-4, 515-545 SB/GLAX 415-515	3 BVB 7-8A BSB 6-7 (Coach Sams)	4	5 BB 10-1030 BB 11-1130 BB 12-1230	6
7 GBB 7-745A BB 515-545	8 SW/ Track 315-415 BLAX 415-515 BSB 6-7 (Coach Sams)	9 BB 315-4, 515-545 SB/GLAX 415-515	10 BVB 7-8 A SW/ Track 315-415 BLAX 415-515 BSB 6-7 (Coach Sams)	11 BLAX 415-515 BB 315-4, 530-6, 7-730	12 BB 10-1030 BB 11-1130 BB 12-1230	13
14 GBB 430-5 BB 315-4, 430-5, 530-6 Swim/TF 415-515	15 BSB 315-415 BLAX/FB 415-515	16 BB 315-4, 515-545 SB/GLAX 415-515 BB pictures with team, switch team times this day only?	17 BVB 7-8 A BSB 315-415 BLAX/FB 415-515	18 BB 315-345, 5-530 BLAX/FB 415-515 345-445? – just today	19 BB 10-1030 BB 11-1130 BB 12-1230	20
21 BB 315-4, 6-630, 7-730 Swim/TF 415-515	22 BSB 315-415 BLAX/FB 415-515	23 BB 930A-1030, 1130-12 GBB 145-230 BSB 1030-1130	24 Thanksgiving	25 GBB 12-1245	26 BB 10-1030 BB 11-1130 BB 12-1230	27 BB 730-8
28 Swim/TF 415-515 BB 5-530	29 BSB 315-415 BLAX/FB 415-515	30 BB 5-630 SB/GLAX 415-515 4-5 – this day only		= workout on own with sports' team coaches/ Coach Taylor N/A		
November 2022						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
December 2022			1 BVB 7-8A BSB 315-415 BLAX/FB 415-515	2 BLAX/FB 415-515	3	4
5 BB 315-415 Swim/TF 415-515	6 BSB 315-415 BLAX 415-515	7 BB 315-415	8 BVB 7-8A BSB 315-415 BLAX/FB 415-515	9 BLAX/FB 415-515	10	11
12 BB 315-415 Swim/TF 415-515	13 BSB 315-415 BLAX/FB 415-515	14 BB 315-415	15 BVB 7-8A BSB 315-415 BLAX/FB 415-515	16 BLAX/FB 415-515	17	18
19 BB 315-415 Swim/TF 415-515	20 BSB 315-415 BLAX/FB 415-515	21 NO SCHOOL AM lifting times to be set	22 NO SCHOOL AM lifting times to be set	23 NO SCHOOL AM lifting times to be set	24	25
26	27 NO SCHOOL AM lifting times to be set	28 NO SCHOOL AM lifting times to be set	29 NO SCHOOL AM lifting times to be set	30 NO SCHOOL AM lifting times to be set	31	

- Girls Volleyball and Football off-season lifting will be added by 11/6/22