

2022 Fall BFHS Weightroom Schedule (as of 11/27/2022)

Day	7AM- 8AM	315-415 PM	415-515 PM
Mon.	Girls Volleyball Starting 11/28	Boys Basketball	Swimming Girls soccer/track
Tue.		Baseball + Boys Volleyball	BLAX + FB through V-Day
Wed.	Girls Volleyball Starting 11/28	Boys Basketball	Softball/ Girls Lacrosse/ girls soccer/ track
Thu.		Baseball + Boys Volleyball	BLAX+ FB through V-Day
Fri.		Boys Basketball <ul style="list-style-type: none"> • Removed starting December 2nd Girls Volleyball <ul style="list-style-type: none"> • Starting Dec. 2nd 	BLAX+ FB through V-day

Girls LAX/ SB want a 2nd day starting in DEC.

(Created 11/27/22)

- Shift VB to Friday morning and GLX/SB to Friday 315-415??

If girls' soccer team/ track and field gets too crowded with the swim team, then they will be moved to Tuesday and Thursday morning.

--OR SB/GLAX goes to TU/TH AM and swim/Track goes (2) days Mon/ Wed 415-515

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>December 2022</h1> <p><i>Mon. 11/28 GVB 7-8AM / BB 315-345/345-415 + Swim 415-515</i></p> <p><i>Tue. 11/29 BSB + BVB 315-415 / BLAX/FB 415-515</i></p> <p><i>Wed. 11/30 GVB 7-8AM / BB 315-415 / GLAX/SB 415-515</i></p>			1 BSB/BVB 315-415 BLAX/FB 415-515 Crossroads 7-8PM	2 GVB 315-415 BLAX/FB 415-515	3	4
5 GVB 7-8 AM BB 315-415 Swim/TF 415-515 Girls' soccer? 415-515	6 BSB/BVB 315-415 BLAX/FB 415-515	7 GVB 7-8 AM BB 315-415 GLAX/SB 415-515	8 BSB/BVB 315-415 BLAX/FB 415-515 Crossroads 7-8PM	9 BLAX/FB 415-515	10	11
12 GVB 7-8AM BB 315-415 Swim/TF 415-515 Girls' soccer? 415-515	13 BSB/BVB 315-415 BLAX/FB 415-515	14 GVB 7-8AM BB 315-415 GLAX/SB 415-515	15 BSB/BVB 315-415 BLAX/FB 415-515 Crossroads 7-8PM	16 BLAX/FB 415-515	17	18
19 GVB 7-8AM BB 315-415 Swim/TF 415-515 Girls' soccer? 415-515	20 BSB/BVB 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	