

2022 Summer Wahoo Weight Room Summer Schedule

May 25th Weight Room Hours Start-

M-W-F
High School
AM = 6:00-10:00

T-Th
High School/Extra Hour
AM = 7:00-8:00
Middle School
AM = 8:00-10:00

MAY 2022

S	M	T	W	T	F	S	
		16	17	18	19	20	21
22	23	24	25	26	27	28	
29	30	31					

**16-19 3:45 – 5:00 PM Max-outs
High School Athletes
May 25 First Day Open High School
May 26 First Day for Middle School
May 30 Weight Room Closed**

JUNE 2022

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**For information and important
Updates, follow us on Twitter!!!
@wahoostrength**

JULY 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**4th Weight Room Closed
5th Weight Room Closed**

AUGUST 2022

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**Aug. 1-4 Fall Max Outs
Aug. 8th First Day of Fall Practice**

Important Dates and Times

Sign Up Days-
12th Grade - May 9th
11th Grade - May 10th
10th Grade - May 11th
9th Grade - May 12th
Middle School - May 9th-12th