

WOODSIDE HIGH SCHOOL WOLVERINES OFFSEASON WORKOUT PLAN

Revived 6/15/2018	2018 Wolverines Gymnasium & Weight Room Schedule					
Woodside Basketball Court #3	Mon	Tues	Wed	Thur	Fri	Sat
Men's Basketball						10:00 am -1:00 pm
Girl's Basketball						
Mens Volleyball	10:00 am- 12:00 pm	10:00 am- 12:00 pm	10:00 am- 12:00 pm	10:00 am- 12:00 pm		
Womens Volleyball			4:00 pm - 6:00 pm		4:00 pm - 6:00 pm	
Football Team						
Mr. Williams	7:00 pm- 9:00 pm			7:00 pm- 9:00 pm		
Cheerleading		4:00pm- 7:00 pm		4:00pm- 7:00 pm		6:00 am- 8:00 am
Woodside Basketball Court #2	Mon	Tues	Wed	Thur	Fri	Sat
Men's Basketball	10:00 am- 1:00 pm	10:00 am- 1:00 pm		10:00 am- 1:00 pm		
Girl's Basketball		4:50 pm - 7:00 pm		4:50 pm - 7:00 pm		8:00 am - 10:30 am
Mens Volleyball						
Womens Volleyball			4:00 pm - 6:00 pm		4:00 pm - 6:00 pm	
Football Team						
Wrestling						
Cheerleading						
Woodside Basketball Court #1	Mon	Tues	Wed	Thur	Fri	Sat
Men's Basketball	10:00 am- 1:00 pm	10:00 am- 1:00 pm		10:00 am- 1:00 pm		10:00 am -1:00 pm
Girl's Basketball		4:50 pm - 7:00 pm		4:50 pm - 7:00 pm		
Mens Volleyball	Wrestling Tournament from June 19th -21st : 8 am- 3 pm (Mats will be taken up)					
Womens Volleyball						
Football Team						
Wrestling						
Mr. Williams					7:00 pm- 9:00 pm	
Woodside Weight Room	Mon	Tues	Wed	Thur	Fri	Sat
Men's Basketball	12:15 pm- 1:00 pm	12:15 pm- 1:00 pm		12:15 pm- 1:00 pm		8:00 am- 10:00 am
Girl's Basketball		4:00 pm- 4:45 pm		4:00 pm- 4:45 pm		
Mens Volleyball	11:30 am- 12:00 pm	11:30 am- 12:00 pm	11:30 am- 12:00 pm	11:30 am- 12:00 pm		
Womens Volleyball			6:00 pm - 7:00 pm		6:00 pm - 7:00 pm	
Football Team	6:00 pm- 8:00 pm		6:00 pm- 8:00 pm	6:00 pm- 8:00 pm		
Wrestling						
Field Hockey (Outdoors)	7:00 pm - 8:00 pm			7:00 pm - 8:00 pm		
Track & Field (Men & Women)	2:00 pm - 4:00 pm		2:00 pm - 4:00 pm	2:00 pm - 4:00 pm		

CHAMPIONSHIPS ARE WON DURING THE OFFSEASON!!! GET IT DONE!!!

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Woodside Weight Room	Mon	Tues	Wed	Thur	Fri	Sat
Softball (JV & Varsity)	6:00 pm- 7:30 pm	6:00 pm- 7:30 pm	6:00 pm- 7:30 pm	6:00 pm- 7:30 pm	6:00 pm- 7:30 pm	
Baseball (JV & Varsity)		11:00 am- 12:30 pm		11:00 am- 12:30 pm		
Soccer (Men & Women)	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon
Tennis (Men & Women)	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon
Swimming (Men & Women)	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon
Cheerleading						
Cross Country (Men & Women)	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon	Coming Soon

Notes: The Wrestling Camp will begin on **Tuesday, June 19th thru June 21st from 8am-3pm**. **Tuesday, June 19th**, Wrestling will be using Gym #1, Men basketball will be using Gym #2 & Men Volleyball will use Gym #3. **Wednesday, June 20th**, Mens Volleyball Gym #3, Wrestling Gym #1. **On Thursday, June 21st**, Mens Volleyball Gym #3, Wrestling Gym #1, Basketball Gym #2

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