

Christmas Break Workout Schedule

December 13th: 6:15am (regular school day)

December 15-16th: 4:00pm (half days/exam days)

December 20th-21st: 10:00am (Monday and Tuesday)

December 22nd-26th: All athletic facilities are closed due to UIL rules

December 27th and 29th-30th: 10:00am

January 3rd: 4:00pm

December

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
12	13 6:15am	14	15 4:00pm	16 4:00pm	17	18
19	20 10:00am	21 10:00am	22 Closed	23 Closed	24 Closed	25 Closed
26 Closed	27 10:00am	28	29 10:00am	30 10:00am	31	

January

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
2	3 4:00pm	4 1st day back to school	5 6:15am	6 6:15am	7	8

Plan on being here for all of the workouts that you can be during the break (all of them would be great).

If you are going out of town for any of the dates that we have workouts please let me know beforehand. Try to find ways to workout if you're traveling (gyms at hotels, jogging, push-ups, air squats, crutches, etc...)

It's important that you maintain your conditioning. Taking too much time off from working out can hurt any gains that you have made so far.