

<u>WR</u> - Weight Room			<b>EASTERN VIEW CYCLONES</b> <b>&amp; CONDITIONING SUMMER 2025</b> <b>*MAY-JUNE*</b>				All students are required to have an updated VHSL Physical Form on file with EVHS before beginning participation in the EVHS Strength & Conditioning program	
<u>SAQ</u> - Speed, Agility, Quickness Session								
<u>WRC</u> - Weight Room Closed								
Day	Month	Date	8:00AM-9:50AM	10:00AM-11:20AM	11:30AM-12:20PM	12:30PM-1:20PM	1:30-4:50	5:00PM-6:50PM
M	May	26	<u>Football 10-12th</u> Group #1-Orientation	<u>All Boys 9th</u> Grade only- Orientation	<u>Non-Football Boys 10-12th</u> Orientation	<u>All Girls 9-12th</u> Orientation	<u>WRC</u>	<u>Football 10-12th</u> Group #2-Orientation
T	May	27	<u>WRC</u>					
W	May	28	<u>Football 10-12th</u> Group #1-Orientation	<u>All Boys 9th</u> Grade only- Orientation	<u>Non-Football Boys 10-12th</u> Orientation	<u>All Girls 9-12th</u> Orientation	<u>WRC</u>	<u>Football 10-12th</u> Group #2-Orientation
TH	May	29	<u>Football 10-12th</u> Group #1-Orientation	<u>All Boys 9th</u> Grade only- Orientation	<u>Non-Football Boys 10-12th</u> Orientation	<u>All Girls 9-12th</u> Orientation	<u>WRC</u>	<u>Football 10-12th</u> Group #2-Orientation
FR	May	30	<u>WRC</u>					
M	June	2	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
T	June	3	<u>WRC</u>					
W	June	4	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
TH	June	5	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
FR	June	6	<u>WRC</u>					
M	June	9	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
T	June	10	<u>WRC</u>					
W	June	11	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
TH	June	12	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
FR	June	13	<u>WRC</u>					
M	June	16	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
T	June	17	<u>WRC</u>					
W	June	18	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
TH	June	19	<u>Football 10-12th</u> Group #1-WR to Field	<u>All Boys 9th</u> Grade only- Conditioning to WR	<u>Non-Football Boys 10-12th</u> -WR	<u>All Girls 9-12th</u> - WR	<u>WRC</u>	<u>Football 10-12th</u> Group #2 WR to Field
FR	June	20	<u>WRC</u>					
SA-SU	21-Jun	29-Jun	<u>DEAD WEEK - WRC</u>					
M	June	30	<u>Open WR</u>	<u>Open WR</u>	<u>WRC</u>			
*Students sessions are arranged to promote a safe atmosphere which is conducive to learning and achieving-students are <u>required</u> to utilize their specified session times.				Fall Sports Are Around the Corner! If your a Fall or Winter sport athlete, start preparing for your season NOW! All Pre-Season Fall Sports athletes and Out-of-Season Winter Sports Athletes (ATHLETE NOT PLAYING A FALL SPORT) should begin preparation for				

**"Tomorrows success is not free... and its dues must be paid today."**

**ATHLETES MUST FILL OUT A SUMMER SAFETY PROCEDURAL FORM BEFORE ATTENDING ANY NON-ORIENTATION SESSIONS**

**the number of weightroom users.**

**Make sure to check for changes and updates at [www.ea](http://www.ea)**

<u>WR- Weight Room</u>			<b>EASTERN VIEW CYCLONES</b> <b>STRENGTH &amp; CONDITIONING SUMMER 2025 *JULY*</b>				All students are required to have an updated VHSL Physical Form on file with EVHS before beginning participation in the EVHS Strength & Conditioning program		
<u>SAQ- Speed, Agility, Quickness Session</u>									
<u>WRC- Weight Room Closed</u>									
Day	Month	Date	8:00AM-9:50AM	10:00AM-11:20AM	11:30AM-12:20PM	12:30PM-1:20PM	1:30-4:50	5:00PM-6:50PM	
T	July	1	<u>Open WR</u>	<u>Open WR</u>	<u>WRC</u>				
W	July	2	<u>Open WR</u>	<u>Open WR</u>	<u>WRC</u>				
TH	July	3	<u>WRC- Building Closed</u>						
F	July	4	<u>WRC- Building Closed</u>						
M	July	7	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
T	July	8	<u>WRC</u>						
W	July	9	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
TH	July	10	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
F	July	11	<u>WRC</u>						
M	July	14	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
T	July	15	<u>WRC</u>						
W	July	16	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
TH	July	17	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
F	July	18	<u>WRC</u>						
M	July	21	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
T	July	22	<u>WRC</u>						
W	July	23	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
TH	July	24	<u>Football 10-12th Group #1-WR to Field</u>	<u>All Boys 9th Grade only- Conditioning to WR</u>	<u>Non-Football Boys 10-12th -WR</u>	<u>All Girls 9-12th -WR</u>	<u>WRC</u>	<u>Football 10-12th Group #2 WR to Field</u>	
F	July	25	<u>WRC</u>						
HOURS MAY CHANGE DUE TO NEW TEACHER ORIENTATION									
AUGUST HOURS TBD									
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weightroom users.				Make sure to check for changes and update					