



# Eagle Rock High School

## Athletics Conditioning Schedule for Week of Nov 16 - Nov 20

\*Conditioning Schedule for coaches and athletes who have met all athletic clearance requirements by November 13, 2020.

### Football Field

Day of Week	Monday	Mondays	Tuesday	Wednesday	Thursday	Friday
Periods	Periods 1- 4	Periods 5-8	Periods 1 & 2	Periods 3 & 4	Periods 5 & 6	Periods 7 & 8

Football - Varsity - Period 4	2pm-3pm		2:45pm-3:45pm	12:45pm - 1:45pm		
Football - JV - Period 4	2pm-3pm		2:45pm-3:45pm	12:45pm - 1:45pm		

Soccer - Girls JV & V - Period 8		2pm-3pm		2:45pm-3:45pm		12:45pm-1:45pm
Soccer -Boys JV & V Period 8		3:15pm-4:15pm		4pm-5pm		2pm-3pm

Cross Country - Period 4	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am
Track & Field	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am

### Softball Field

Day of Week	Monday	Mondays	Tuesday	Wednesday	Thursday	Friday
Periods	Periods 1- 4	Periods 5-8	Periods 1 & 2	Periods 3 & 4	Periods 5 & 6	Periods 7 & 8

Baseball - Period 8		2pm-3pm		2:45pm-3:45pm	12:45pm-1:45pm	
Softball - Period 8		3:15pm-4:15pm		4pm-5pm	2pm-3pm	

\*Conditioning Schedule only for coaches and athletes who have met all athletic clearance requirements during the week of November 16, 2020.

\*Schedule may be revised to give access to all teams while maintaining the total number of participants below the mandated threshold on campus.

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<b>Day of Week</b>	Monday	Mondays	Tuesday	Wednesday	Thursday	Friday
<b>Periods</b>	Periods 1- 4	Periods 5-8	Periods 1 & 2	Periods 3 & 4	Periods 5 & 6	Periods 7 & 8

Basketball - Boys Period 4	2pm-3pm			12:45pm - 1:45pm	4pm-5pm	
Basketball - Girls Period 8				2:45pm-3:45pm	4pm-5pm	12:45pm-1:45pm

**Quad**

<b>Day of Week</b>	Monday	Mondays	Tuesday	Wednesday	Thursday	Friday
<b>Periods</b>	Periods 1- 4	Periods 5-8	Periods 1 & 2	Periods 3 & 4	Periods 5 & 6	Periods 7 & 8

Volleyball- Boys Period 8		2pm-3pm			2:45pm-3:45pm	3:15pm-4:15pm
Volleyball - Girls Period 8			2:45pm-3:45pm	3:15pm-4:15pm		2pm-3pm

Cheer - Period 8			2:45pm-3:45pm	3:15pm-4:15pm		3pm-4pm
Drill			2:45pm-3:45pm	3:15pm-4:15pm		3pm-4pm

Tennis - Period 8	<b>Spring Conditioning</b>					
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WaterPolo - Period 4	3:15pm-4:15pm			3:15pm-4:15pm	2:45pm-3:45pm
Swimming - Period 4	3:15pm-4:15pm			3:15pm-4:15pm	2:45pm-3:45pm

Wrestling - Period 4	3:15pm-4:15pm			2pm-3pm	2:45pm-3:45pm
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