

## 2019 WHS Athletic Schedule for June, July, and August

\*All Summer Workouts will be on the following dates:

**June** 3-6  
10-13  
17-20  
24-27  
**July** 1-5 (OFF)  
8-11  
15-18

**Volleyball:** Mon-Wed.....11:30am-1:30pm (WHS Open Gym)  
Tues.-Thurs.....11:30am-12:30pm (Specific Training @ WHS Gym)  
**Girls Basketball:** Mon-Wed.....11:30am-1:30pm (WHS Open Gym)  
Tues.-Thurs.....11:30am-12:30pm (Specific Training @ WHS Gym)  
**Boys Basketball:** Mon.& Wed.....1:30-3:30pm (WHS Open Gym)  
**Boys Soccer:** Tues. & Thurs.....6-8pm (Open Field) (Next to Paul Tyson & Band Field)  
**Cheerleading:** Tues. & Thurs.....5-7pm (WHS Open Gym)  
**Football:** Mon.-Thurs.....9-11am (Field House Practice Fields & Weight Room)

- \* Note that all Boys strength and conditioning will begin in the Fieldhouse weight room @ 9am
- \* All girls strength and conditioning will begin on the Fieldhouse practice fields @ 9am
- \* Both will switch after the first hour of workout