

Ozark Summer Workouts 2021

There will be an additional 45 minutes dedicated to speed/agility/conditioning before or after the weight room session and will be determined by the head coach of each program. Workouts will be M, T, W & Th beginning June 1 and concluding July 29. Attendees will need to have a current physical on file with the athletic office before participation is allowed. If you are an athlete in a sport that is not listed you are still welcome/encouraged to attend. Communicate with the coach of the time slot that works best and accommodations can be made. Please reach out to the head coach of each program if you have any questions.

Program	HS Weight room
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Football 10-12	6:00-6:45am
Football 10-12	6:45-7:30am
Wrestling 9-12	7:30-8:15am
Boys Basketball 9-12	8:15-9:00am
Baseball 9-12	9:00-9:45am
Volleyball 9-12	9:45-10:30am

Program	JH Weight room
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Football 9 th	6:00-6:45am
Boys/Girls soccer 9-12	6:45-7:30am
Girls Basketball 9-12	8:15-9:00am
Softball 9-12	9:00-9:45am
Boys/Girls Cross Country	9:45-10:30am

Program	MS Weight room
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Incoming 8 th boys	6:00-8:00am
Incoming 8 th girls	8:00-10:00am