

SAINT IGNATIUS

STRENGTH & CONDITIONING



Weight Room Rules

No Green
Attitude
Respect

Weight Room Traditions

Do not step on the crest
No cut offs or headwear

June & July 2021

Freshmen Class of 2025

- Please read the [Incoming Class of 2025 Document](#)
- [Waiver](#) must be completed before the 1st day of training
- General information
 - Start Date: Monday June 7th
 - End Date: Thursday July 29th
 - Mondays through Thursdays 3-430 PM
 - [Weight Room Schedule](#) (See Monthly Tabs at the bottom)
- Please bring water and appropriate athletic clothing & footwear
- Our max capacity is 126 participants
 - 64 will be in the weight room while 64 will be on Wasmer Field
 - We will train 2 days in the weight room and 2 days on Wasmer Field

[Class of 2025 Strength & Conditioning Sign Up](#)

[Weight Room Schedule May to July](#)

[More Information](#)