

Open Gym/Field or weightlifting events for softball, baseball, soccer, and track are available to students in 8th-12th grade.

Softball Winter Weight Lifting and Open Gyms

Weight Lifting 3:30pm-5:00pm = WL

Open Gym (FCHS Old Gym) 6:00pm-8:00pm = OG

Hitting Clinic (Turman's Sports Complex) 6:00pm-8:00pm = HC

Monday	Wednesday
11/28 – WL, HC	11/30 – WL, OG
12/5 – WL, HC	12/7 – WL, OG
12/12 – WL, HC	12/14 – WL, OG
12/19 – WL, HC	12/21 – WL, OG
1/9 – WL, HC	1/11 - WL
1/16 – WL, HC	1/18 – WL, OG
1/23 – WL, HC	1/25 – WL, OG
1/30 – WL, HC	2/1 – WL, OG

No Open Gym on 1/11 due to an 8th basketball game.

Open Gym is subject to change based on 8th grade basketball rescheduling.