

<b>BFHS Lifting Schedule</b>	7:00- 7:30 AM	7:30 - 8:00 AM	8:00- 8:30 AM	8:30- 9:00 AM	9:00- 9:30 AM	9:30- 10:00 AM	10:00- 10:30 AM	10:30 – 11:00 AM	11:00 – 11:30 AM	11:30 – 12:00 PM	12:00 - 12:30 PM	1:00- 2:30 pm
Monday	Boys Soccer 7-830			Football 830-10			Girls Volleyball 10-1130			Boys Basketball 1130-1230		Girls Soccer
Tuesday	Cross Country 7-8			Football 830-930						Boys Basketball 1130-1230		
Wednesday	Boys Soccer 7-830			Football 830-10			Girls Volleyball 10-1130			Boys Basketball 1130-1230		Girls Soccer
Thursday				Football* 830-930								
Friday	Boys Soccer 7-830 *											

<b>Fall Sports 1<sup>st</sup> priority</b>	Cheer (C)	Girls Tennis (GT)
Girls Volleyball (GVB)	Girls Cross Country (GXC)	Girls Soccer (GS)
Girls Golf (GG)	Boys Golf (BG)	Boys Cross Country (BXC)
Boys Soccer (BS)	Football (FB)	Band (B)

<b>Winter Sports 2<sup>nd</sup> priority</b>	
Cheer (C)	Swimming (S)
Pep Band (PB)	Dance Team (DT)
Girls Basketball (GBB)	Boys Basketball (BBB)
Indoor Track (IT)	

<b>Spring Sports 3<sup>rd</sup> priority</b>	
Baseball (BSB)	Softball (SB)
Boys Lacrosse (BLX)	Girls Lacrosse (GLX)
Track/ Field (TF)	Boys Tennis (BT)
Boys (BVB) Volleyball	

*Tuesday and Thursdays in July  
(12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>, 28<sup>th</sup>)  
Girls Tennis is 4-430pm*

June 27<sup>th</sup>- 29<sup>th</sup> No football lifting,  
due to being at camp



Please contact Coach Taylor  
[jtaylor@fenwickfalcons.org](mailto:jtaylor@fenwickfalcons.org) with  
any questions.

**GO FALCONS!**

*\*Training session on own.  
Coach Taylor is not available  
through end of July*