



Athletic Training Room Hours

Morning Treatments @ JH

6:30am: 7th Grade Athletes

7:00am: 8th Grade Athletes

Morning Treatments @HS

7:00am: High School Athletes (if in tutoring)

7:30 am: High School Athletes

Athletic Period

Taping & Rehab Only

After School Treatments @ HS

Junior High & High School Athletes

From 4pm – Until End of Workouts

Saturday AM- TBD Weekly

Check for times on Friday!

Sunday PM- by appointment only

Holiday(s) Schedule will be posted!

Training Room Phone #: 260-5540