



## **WEIGHT TRAINING AT HOLY CROSS**



**In Freshmen Physical Education classes, students learn to lift weights properly and safely. They receive instruction about weight training principles and how to set up a weight training program, and all Freshmen are given a Weight Lifting Guide.**

**All students are given the opportunity to lift weights under faculty supervision during “free time” activity in Physical Education class, and from October until the end of the school year, students can use the Weight Room after school.**

**The weight room is open from 2:30 to 3:30 pm. on Mondays and Wednesdays for girls and Tuesdays and Thursdays for boys. Freshmen receive weight training instruction in P.E. class during the Fall Semester and can use the weight room after school starting in January.**

**All our Sports teams use the Weight Room after school during their off-seasons and in-season to maintain strength and physical fitness.**

**The Weight Room is cleaned and sanitized each cycle by the Physical Education staff so students and athletes can lift weights in a clean and safe environment.**