

2007 Fall Schedule  
UPMC/South Fayette Strength and Conditioning  
(Weight Room)

Football M, T, W, Th. 2:25-2:5

Volleyball W, F 2:50-3:30

Soccer M, W (Boys Only!!!) 5-6 (week of Aug. 27<sup>th</sup>)  
(Boys & Girls)

Cross-Country M-F 3:30-4:30

Swimming M-W-F 3:00-

Girls Basketball M-Thur. 5:30-6:15, Sat. 10:30-11:15am \*Starting Sept 5th

Boys Basketball TBD

8<sup>th</sup> Grade Football Thur. 3:30-4:30/5:00

Cheerleading Tue. 5:30-6:30 (Varsity Only)  
Thur. 5:30-6:30 (JV Only)