

# Training Room Hours



## W. C. East Athletic Training Room Hours

### Monday - Friday:

- 4th through 8th period - Rehab
- **(Lunch 6th period)**
- 2:20pm to 3:00pm - Pre game/pre practice taping
- 3:00pm to the conclusion of the last event i.e. Rehab. practice or game coverage

### Saturdays & Holidays

- As needed for event coverage only; to be determined by the athletic director.
- There will be no rehab. on Saturday.

### Sunday:

😊ur day of rest