

Weight Room

Advisor:	Coach Rieck (Sept-Dec) Mr. Land
Contact:	rieckro@clearviewregional.edu ; landsc@clearviewregional.edu
Time Period:	September thru August
Meeting Times:	Monday thru Friday 2:30 to 4:00
Membership Requirements:	Open to all students
Activity Description	Our facility includes cross fit equipment, and a weight room. Planning with the end result in mind, the facility will help meld the skills a student athlete needs to excel on the playing field, while developing fitness skills that grow with the student throughout their life.