

Weight Room Rules:

1. The use of the Tri-County weight room is restricted to Northern Freeze athletes, Tri-County students, and Tri-County employees.
2. The weight room can be opened for public use with permission from the Superintendent of Tri-County High School.
3. For safety, the use of the weight room is restricted to no less than 2 people at a time.
4. At least 1 person in the weight room must be no less than 18 years of age.

Thank you for your cooperation.

