



Cardinal Mooney Strength and Conditioning Armory Access Policy

Eligibility: The Armory is exclusively available for current Cardinal Mooney athletes.

Supervision: Access to the Armory is only permitted when a coach or authorized staff member is present to supervise the session.

Hours of Operation: The Armory will be open during designated training hours, which will be communicated by the Athletic Department.

Behavioral Expectations: All athletes must adhere to the guidelines set forth by the Strength and Conditioning program. Failure to comply with these rules may result in restricted access to the Armory.

Use of Equipment: Athletes are expected to use the equipment properly and safely. Any damage or misuse of equipment should be immediately reported to the supervising staff.

Any questions, please contact the Athletic Department