

**** All Workouts, open gyms and practices will be held in the mornings**

JUNE 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 Speed/Agility JV/V : 7-8 MS: 8-9	1	2 Speed/Agility JV/V : 7-8 MS: 8-9	3	4
5	6	7 Speed/Agility JV/V : 7-8 MS: 8-9	8	9 Speed/Agility JV/V : 7-8 MS: 8-9	10	11
12	13 Weights 9-10	14 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	15 Weights 9-10	16 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	17 Weights 9-10	18
19	20 Weights 9-10	21 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	22 Weights 9-10	23 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	24 Weights 9-10	25
26	27 Weights 9-10	28 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	29 Weights 9-10	30 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	1	2

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Weights 9-10	2
3	4 OFF Week	5 -----	6 -----	7 -----	8 -----	9
10	11 Weights 9-10	12 Speed/Agility JV/V : 7-8 MS: 8-9 Open Gym 8-10	13 Weights 9-10	14 Speed/Agility Competition Day Open Gym 8-10	15 Weights 9-10	16
17	18 Weights 9-10 Practice 430-6	19 Practice 430-6	20 Weights 9-10 Practice 430-6	21 Practice 430-6	22 Weights 9-10 Combine	23
24	25	26	27	28 V- Try outs	29 V – Try Outs	30
31	1	2	3	4	5	6