

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			*Thursday's Weight Rm 5:30-6-30	1 Open gym 4-6:30pm	2	3
4	5	6 Open gym 4-6pm	7	8 Open gym 4-6:30pm	9	10
11	12	13 Open gym 4-6pm	14	15 Open gym 4-6:30pm	16	17
18	19	20 *Outdoor conditioning- meet on track 4-5:30	21	22 * Weight room 4-5:30	23	24
25	26	27 Open gym 4-6pm	28	29 Open gym 4-6:30pm	30	

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			*Thursday's Weight Rm 5:30-6-30			1
2	3	4	5	6 Open gym 4-6:30pm	7	8
9	10 FSK	11 VBALL Open gym 4-6pm	12 SUMMER	13 CAMP Open gym 4-6:30pm	14 9am-1pm	15
16	17	18 Open gym 4-6pm	19	20 Open gym 4-6:30pm	21	22
23	24	25 Open gym 4-6pm	26	27 Open gym 4-6:30pm	28	29
30	31					

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Open gym 4-6pm	2	3 Open gym 4-6pm	4	5
6	7	8	9 Tryouts 9am-12pm	10 Tryouts 9am-12pm	11 Tryouts 9am-12pm	12
13	14 Practice V 4-6 JV 4:30-6:30					