

# June 2022

## JCMS FOOTBALL SPRING CONDITIONING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Conditioning 6:29pm-8:01PM JCMS Track		Conditioning 6:29pm-8:01PM JCMS Track	
5	6	7	8	9	10	11
	Conditioning 6:29pm-8:01PM JCMS Track		Conditioning 6:29pm-8:01PM JCMS Track		Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track	
12	13	14	15	16	17	18
	Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track		Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track		Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track	
19	20	21	22	23	24	25
	Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track		Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track		Conditioning Skills & Drills 6:29pm-8:01PM JCMS Track	Sports Teams Dead Period
26	27	28	29	30	1	2
Sports Teams Dead Period						