

# July

# 2024

## PCMS SUMMER WEIGHTS/FOOTBALL

PLAYERS REPORT ON PARENT PICKUP SIDE BY  
WEIGHTS DOORS (NORTH SIDE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6
7	8 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	9 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	10 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	11 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	12 OFF	13
14	15 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	16 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	17 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	18 WEIGHTS 8 <sup>TH</sup> 7AM-8:30 7 <sup>TH</sup> 8:45-10:15	19 OFF	20
21	22 OFF	23 OFF	24 OFF	25 OFF	26 OFF	27
28	29 OFF	30 OFF	31 OFF			

IF YOU ARE UNABLE TO ATTEND, PLEASE CONTACT ONE OF THE COACHES: HEAD COACH MAHNKEN 620-704-2252,  
COACH JOHNSON 620-249-7342 OR COACH HARRISON 913-687-8991