

2025 May

PHS SUMMER STRENGTH & CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
					START OF KSHSAA SUMMER	
26	27	28	29	30	31	01
OFF	OFF	OFF	OFF	OFF		

2025 June

PHS SUMMER STRENGTH & CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
START OF SUMMER S&C SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
09	10	11	12	13	14	15
SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
16	17	18	19	20	21	22
SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
23	24	25	26	27	28	29
SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
30	01	Notes:				
KSHSAA MORATORIUM						

2025 July

PHS SUMMER STRENGTH & CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 KSHSAA MORATORIUM	01 KSHSAA MORATORIUM	02 KSHSAA MORATORIUM	03 KSHSAA MORATORIUM	04 KSHSAA MORATORIUM	05 KSHSAA MORATORIUM	06 KSHSAA MORATORIUM
07 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	08 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	09 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	10 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	11 ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30	12	13
14 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	15 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	16 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	17 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	18 ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30	19	20
21 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	22 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	23 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	24 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	25 ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30	26	27
28 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	29 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	30 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	31 SR/JR BOYS-6:00-7:30 SO/FR BOYS-7:30-9:00 ALL GIRLS-9:00-10:30	01	02	03

2025 August

PHS SUMMER STRENGTH & CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				31	01	02
				ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
03	04	05	06	07	08	09
MAX WEEK	MAX WEEK	MAX WEEK	MAX WEEK	ALL BOYS-7:00-8:30 ALL GIRLS 9:00-10:30		
10	11	12	13	14	15	16
OFF	OFF	OFF	OFF	OFF		
17	18	19	20	21	22	23
1ST DAY OF SCHOOL						
24	25	26	27	28	29	30