## June 2025

7 & 8 from 9- 11am High School	Grades 7 & 8 from 9- 11am 17 SAC at High School	4 No SAC This week 11 SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am 18 SAC at High School	5 No SAC This week 12 SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am 19 SAC at High School	13	7 14 21	
High School 12 from 7-9am, ( 7 & 8 from 9- 11am  High School 12 from 7-9am, (	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am  17  SAC at High School	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am 18 SAC at High School	12 SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am			
12 from 7-9am, (7 & 8 from 9-11am  High School 12 from 7-9am, (	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am 17 SAC at High School	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am 18	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am			
12 from 7-9am, (7 & 8 from 9-11am  High School 12 from 7-9am, (	Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am  17  SAC at High School	Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am  18  SAC at High School	Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am	20	21	
12 from 7-9am,	SAC at High School	SAC at High School		20	21	
12 from 7-9am,	· ·		SAC at High School			
11am	Grades 7 & 8 from 9- 11am	Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am	Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am			
_23	24	.25	26	27	28	
High School 12 from 7-9am, ( 7 & 8 from 9- 11am	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am	SAC at High School Grades 9-12 from 7-9am, Grades 7 & 8 from 9- 11am			
		28	3/	4	5	
	NOTES	SAC = strength and conditioning. We will also be doing sport specific				
		NOTES	SAC = Str	We will also be doing s	SAC = Strength and condition	

## July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA	
29	20	1	2	3	4	5	
	No SAC This week						
Grades 9- 9am, Grade	7	8	9	10	11	12	
	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am			
13	14	15	16	17	18	19	
ę	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am			
20	21	22	23	24	25	26	
	No SAC This week						
27	28	29	30	31	1	2	
	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am	SAC at High School Grades 9-12 from 7- 9am, Grades 7 & 8 from 9-11am			
2	4	NOTES	SAC = strength and conditioning. We				
	FIRST DAY OF High Sschool FOOTBALL PRACTICE		will also be doing sport specific activities.				