

Millsap Summer 2025 Sport Specific Skill Work



Cross Country

July - Monday - Friday 7 - 8:30am



Football

Monday: 10:30 - 11:15

Tuesday: 10:30 - 11:15

Thursday: 10:30 - 11:15

Volleyball

Monday: 10:00 - 10:45 (High School only)

Tuesday: 10:45 - 11:30 (Junior High only)

Wed: 10:00 - 10:45 (High School only)

Boys Basketball

Wed: 10:30 - 11:30 (at the Junior High)

Thursday: 11:30 - 12:30 (at the High School)

Girls Basketball

Tuesday: 10:00 - 10:45 (HS Gym)

Thursday: 10:00 - 10:45 (HS Gym)

Baseball

Monday: 11:30 - 12:00

Wed: 11:30 - 12:00

Softball

Monday: 10:45-11:30

Wed: 10:45 - 11:30

