

SUMMER PRIDE WORKOUT SCHEDULE 2025

MOORE

PRACTICE FIELD/INDOOR WEIGHT ROOM

ATHLETICS

9:00 A.M. - 11:00 A.M. CHECK-IN @ 8:45

Open to all 7th – 12th grade!

Each athlete is responsible for the \$60 (\$10 each Month + \$40 to the soccer program) charge for Summer Pride. Pay on MyPaymentsPlus – MHS Boys Soccer Summer Pride 7th – 12th

All athletes that attend or are going to attend MHS. We will work out in the Indoor weight room and outside on the practice field. Building a culture and character that reflects our core values of: **P.R.I.D.E. (Passion, Respect, Integrity, Discipline, Effort)**

DATES	STARTING	ENDING	DATES	STARTING	ENDING
WEEK 1	June 2 nd	June 5 th	WEEK 6	July 7 th	July 10 th
WEEK 2	June 9 th	June 12 th	WEEK 7	July 14 th	July 17 th
WEEK 3	June 16 th	June 19 th	WEEK 8	July 21 st	July 24 th
WEEK 4	June 23 rd	June 26 th	WEEK 9- OFF	July 25 th	August 11 th
WEEK 5-OFF (DEAD WEEK)	June 27 th	July 6 th	SCHOOL STARTS*	August 12 th *	

JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2 !!	3 !!	4 !!	5 !!	6	7			1 OFF	2 OFF	3 OFF	4 OFF	5 OFF						1 OFF	2 OFF
8	9 !!	10 !!	11 !!	12 !!	13	14	6 OFF	7 !!	8 !!	9 !!	10 !!	11	12	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9 OFF
15	16 !!	17 !!	18 !!	19 !!	20	21	13	14 !!	15 !!	16 !!	17 !!	18	19	10 OFF	11 OFF	12 *				
22	23 !!	24 !!	25 !!	26 !!	27 OFF	28 OFF	20	21 !!	22 !!	23 !!	24 !!	25	26							
29 OFF	30 OFF						27	28 !!	29 !!	30 !!	31 !!									

!! = Days we will workout