

JULY 2020

STRENGTH/CONDITIONING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 NO CONDITIONING	3	4
5	6	7	8	9	10	11
12	13 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	14 All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	15 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	16 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	17	18
19	20 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	21 All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	22 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	23 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	24	25
26	27 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	28 All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	29 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	30 Football 6:30am-8:00am All other sports 8:00am-9:00am (9th) 9-10am (10th-12th)	31	

JULY 2020

PRACTICE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Volleyball 8-9am (10th-12th) 9-10am (9th) Tennis 3:30-5:30pm B Basketball 4-5:30pm Cross Country 7am & 7pm	14 Football Drills 6:30am-8:00am G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	15 Volleyball 8-9am (10th-12th) 9-10am (9th) Tennis 3:30-5:30pm Cross Country 7am & 7pm	16 B Soccer Scrimmage 6:30 G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	17 Cross Country 7am & 7pm	18
19	20 Football Camp 8am B Soccer Scrimmage 6:30 Volleyball 8-9am (10th-12th) 9-10am (9th) Tennis 3:30-5:30pm B Basketball 4-5:30pm Cross Country 7am & 7pm	21 Football Camp 8am G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	22 Football Camp 8am Volleyball 8-9am (10th-12th) 9-10am (9th) Tennis 3:30-5:30pm Cross Country 7am & 7pm	23 Football Camp 8am G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	24 Football Camp 8am Cross Country 7am & 7pm	25
26	27 Volleyball Camp TBD Tennis 3:30-5:30pm B Basketball 4-5:30pm	28 Football Drills 7am Volleyball Camp TBD G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	29 Volleyball Camp TBD Tennis 3:30-5:30pm	30 Volleyball Camp TBD G Basketball 8-9am (10th-12th) 9-10am (9th) B Basketball 4-5:30pm Cross Country 7:00am	31 Cross Country 7:00am	