

GORILLA WEIGHTS

JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*May 13th Physicals \$20 @HWMS				1	2	3
4	5	6	7	8	9	10
11	12	13 8-9:30 Weights	14	15 8-9:30 Weights	16	17
18	19	20 8-9:30 Weights	21	22 8-9:30 Weights	23	24
25	26	27 8-9:30 Weights	28	29 8-9:30 Weights	30	
Gorilla Football Camp 6:30-8 pm Campus High Field						

JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 No Weights	5	6 No Weights	7	8
				Colts Middle School Camp 9:30- 11 am Colt's Stadium		
9	10	11 8-9:30 Weights	12	13 8-9:30 Weights	14	15
16	17	18 8-9:30 Weights	19	20 8-9:30 Weights	21	22
23	24	25 8-9:30 Weights	26	27 8-9:30 Weights	28	29
30	31					

Gorilla Summer Weights

Goal: Athletes will improve in their coordination, strength, speed, endurance and work ethic.

When: Tuesdays and Thursdays during the months of June and July.

Who: Any future 6th, 7th, 8th grader that will attend Haysville West Middle School.

Where: We will be having summer weights at Campus High School in the auxiliary gym.

Time: We will start promptly at 8 and will dismiss at 9:30. Please have a ride arranged to pick you up.

Transportation: There will be a bus at the following times:

	<u>Haysville Middle</u>	<u>Oatville Elem</u>
Departure Time-	7:25am	7:50am
Return Time-	9:55am	9:40am

Physicals: All athletes must have a physical prior to the 1st day of practice of any sport. Dr. Musgrove will be offering physicals the morning of May 13 at HWMS from 9-12. The cost of the physical is \$20.

******Remember the 1st day of football practice and volleyball tryouts is August 14.**