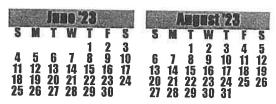
## **June 2023**

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						30 31
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4		9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift r Youth Camp grades 3-8 10:30-Noo	Proposition of the second of	9:00-9:45-am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	9	10
11	Weights 7:00-8:30am-7-12 Football Drills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	13 Wolghts 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	Weights 7:00-8:30am-7-12 Football Drills 8:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	<b>Wolghts</b> 9:00-9:45am 7-9 Ilit 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	16	17
18	Weights 7:00-8:30am-7-12 Football Drills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	20 <b>Wolghts</b> 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	<b>21</b> Weights 7:00-8:30am-7-12 Football Drills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	<b>22 Wolghts</b> 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	23	24
25	26 Weights 7:00-8:30am-7-12 Football Brills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	<b>Wolghts</b> 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	Weights 7:00-8:30am-7-12 Football Drills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	<b>29 Wolghts</b> 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	30	1
2	3	Notes				dar Templates by Vertex42 w.vertex42.com/calendars

## **July 2023**



	T 400				23 20 21 20 29 30	21 28 29 30 31
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	Rest Week	Rest Wook	Rest Wook	Rost Wook		
	HOOL HOOM	Heat Wook	MOST MOOK	HOST MARK		
9	10	11	40	40	48	
3	Weights	Weights	12 Weights	13 Weights	14	15
	7:00-8:30am-9-12 Football Drills	8:30-9:15am 7-9 lift 10-12 Agility	7:00-8:30am-9-12 Football Drills	8:30-9:15am 7-9 lift 10-12 Agility		
	9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	9:15-10:00am 7-9Agility 10-12 Lift	9:00-9:45am 7-9 lift 10-12 Aglilty 9:45-10:30am 7-9Agility 10-12 Lift	9:15-10:00am 7-9Agility 10-12 Lift		
16	17	18	19	20	21	22
	Weights 9:00-9:45am 7-9 lift 10-12 Agility	<b>Wolghts</b> 9:00-9:45am 7-9 lift 10-12 Agility	Weights	Wolghts		
	9:45-10:30am 7-9Agility 10-12 Lift		9:45-10:30am 7-9 Hft 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift		
*	9-10:80 Feetball Brills		9-10:30 Football Brills			
23	24	25	26	27	28	29
	Weights 7:00-7:45am- 7-9 lift 10-12 Agility	<b>Wolghts</b> 7:00-7:45am-7-9 lift 10-12 Agility	Weights 7:00-7:45am-7-9 lift 10-12 Agility	Wolghts	1	
	7:45-8:30am 7-9Agility 10-12 Lift	7:45-8:30am 7-9Agillty 10-12 Lift	7:45-8:30am 7-9Agility 10-12 Lift	7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift		
	9-11am Team Camp Grades 9-12	9-11am Team Camp Grades 9-12	9-11am Team Camp Grades 9-12	9-11am Team Camp Grades 9-12		
30	31	Notes				
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