

June 2023

May '23							July '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift Youth Camp grades 3-8 10:30-Noon	6 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift Youth Camp grades 3-8 10:30-Noon	7 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift Youth Camp grades 3-8 10:30-Noon	8 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	9	10
11	12 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 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	14 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	15 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	16	17
18	19 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 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	21 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	22 Weights 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 Drills 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	27 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	28 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	29 Weights 9:00-9:45am 7-9 lift 10-12 Agility 9:45-10:30am 7-9Agility 10-12 Lift	30	1
2	3	Notes				

July 2023

June '23							August '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Rest Week	4 Rest Week	5 Rest Week	6 Rest Week	7	8
9	10 Weights 7:00-8:30am 7-9 Lift 10-12 Agility 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	11 Weights 8:30-9:15am 7-9 Lift 10-12 Agility 9:15-10:00am 7-9 Agility 10-12 Lift	12 Weights 7:00-8:30am 7-9 Lift 10-12 Agility 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	13 Weights 8:30-9:15am 7-9 Lift 10-12 Agility 9:15-10:00am 7-9 Agility 10-12 Lift	14	15
16	17 Weights 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift 9-10:30 Football Drills	18 Weights 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	19 Weights 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift 9-10:30 Football Drills	20 Weights 9:00-9:45am 7-9 Lift 10-12 Agility 9:45-10:30am 7-9 Agility 10-12 Lift	21	22
23	24 Weights 7:00-7:45am- 7-9 Lift 10-12 Agility 7:45-8:30am 7-9 Agility 10-12 Lift 9-11am Team Camp Grades 9-12	25 Weights 7:00-7:45am- 7-9 Lift 10-12 Agility 7:45-8:30am 7-9 Agility 10-12 Lift 9-11am Team Camp Grades 9-12	26 Weights 7:00-7:45am- 7-9 Lift 10-12 Agility 7:45-8:30am 7-9 Agility 10-12 Lift 9-11am Team Camp Grades 9-12	27 Weights 7:00-7:45am- 7-9 Lift 10-12 Agility 7:45-8:30am 7-9 Agility 10-12 Lift 9-11am Team Camp Grades 9-12	28	29
30	31 DEAD WEEK	Notes				