

Jr. HIGH BASKETBALL JUNE 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDA | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------------|--|----------------------------------|--|--------|----------|
| 28 | 29 | 30 | 31 FREE PHYSICALS 5:30 | 1 | 2 | 3 |
| 4 | 5 Weights/Agility 9-10:30 | 6 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 7 Weights/Agility 9-10:30 | 8 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 9 | 10 |
| 11 | 12 Weights/Agility 9-10:30 | 13 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 14 Weights/Agility 9-10:30 | 15 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 16 | 17 |
| 18 | 19 Weights/Agility 9-10:30 | 20 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 21 Weights/Agility 9-10:30 | 22 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 23 | 24 |
| 25 | 26 Weights/Agility 9-10:30 | 27 Weights/Agility 9-10:30 JH Basketball Workouts 10:30-12:00 | 28 Weights/Agility 9-10:30 | 29 Weights/Agility 9-10:30 | 30 | 1 |

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| SUNDAY | MONDAY | TUESDAY | WEDNESDA | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|----------|----------|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 OFF | 4 OFF | 5 OFF | 6 OFF | 7 OFF | 8 |
| 9 | 10 Weights/Agility 8:30-10:00 | 11 Weights/Agility 8:30-10:00 | 12 Weights/Agility 8:30-10:00 | 13 Weights/Agility 8:30-10:00 | 14 | 15 |
| 16 | 17 Weights/Agility 7-8:30 | 18 Weights/Agility 7-8:30 | 19 Weights/Agility 7-8:30 | 20 Weights/Agility 7-8:30 | 21 | 22 |
| 23 | 24 Weights/Agility 7-8:30 | 25 Weights/Agility 7-8:30 | 26 Weights/Agility 7-8:30 | 27 Weights/Agility 7-8:30 | 28 | 29 |
| 30 | 31 DEAD WEEK | 1 | 2 | 3 | 4 | 5 |

