

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31 FREE PHYSICALS 5:30	1 PITT STATE TEAM CAMP	2 PITT STATE TEAM CAMP	3
4	5 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	6 Open Shooting 7-9 Weights/Agility 9-10:30 WEBB LEAGUE 2 Games TBA	7 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	8 Open Shooting 7-9 Weights/Agility 9-10:30	9	10
11	12 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	13 Open Shooting 7-9 Weights/Agility 9-10:30 WEBB LEAGUE 2 Games TBA	14 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	15 Open Shooting 7-9 Weights/Agility 9-10:30 NEO Shootout	16	17
18	19 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	20 Open Shooting 7-9 Weights/Agility 9-10:30 WEBB LEAGUE 2 Games TBA	21 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	22 Carthage Shootout	23	24
25	26 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00	27 Open Shooting 7-9 Weights/Agility 9-10:30 HS Basketball Workouts 10:30-12:00 WEBB LEAGUE 2 Games TBA	28 Weights/Agility 9-10:30	29 Weights/Agility 9-10:30	30	1

JULY 2023						
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 9-10:30	11 Weights/Agility 9-10:30	12 Weights/Agility 9-10:30	13 Weights/Agility 9-10:30	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	1	2	3	4	5

	DEAD WEEK					
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