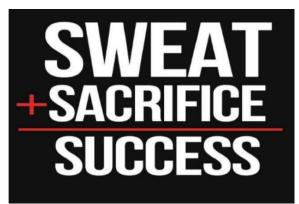
June 2018

SWEAT +SACRIFICE SUCCESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Last Week of School	28	29	30	31	1	2
Week 1 All Coaches	4 Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	5 Strength & Cond. 8:00-10:00 Open Wt Room 10-12 **Summer League Games	6 Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	7 Strength & Cond. 8:00-10:00 Open Wt Room 10-12 **Summer League Games	8	9
Week 2	Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	Strength & Cond. 8:30-10:30 Open Wt Room 10-12 **Summer League Games	Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	Strength & Cond. 8:00-10:00 Open Wt Room 10-12 **Summer League Games	15	16
Week 3	18 Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	Strength & Cond. 8:00-10:00 Open Wt Room 10-12 **Summer League Games	20 Strength & Cond. 8:00-10:00 Bball Open Gym 10:00-12:00	Strength & Cond. 8:00-10:00 Open Wt Room 10-12 **Summer League Games	22	23
24 Week 4 Closed Week	25 Strength & Cond. 8:00-10:00 NO GY	26 Strength & Cond. 8:00-10:00 **Summer League Games M AVAILABLE-CLEANING A	Strength & Cond. 8:00-10:00	Strength & Cond. 8:00-10:00 **Summer League Games	29	30

July 2018





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat		
1	2	3	4	5	6	7		
Week 5								
Closed	OFF WEEK-Gyms & Weight Room Closed							
Week								
8	9	10	11	12	13	14		
Week 6	Strength & Cond.	Strength & Cond.	Strength & Cond.	Strength & Cond.				
	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00				
	Bball Open Gym	Open Wt Room	Bball Open Gym	Open Wt Room				
	10:00-12:00	10-12	10:00-12:00	10-12				
15	16	17	18	19	20	21		
Week 7	Strength & Cond.	Strength & Cond.	Strength & Cond.	Strength & Cond.				
	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00				
	Bball Open Gym	Open Wt Room	Bball Open Gym	Open Wt Room				
	10:00-12:00	10-12	10:00-12:00	10-12				
22	23	24	25	26	27	28		
Week 8	Bball Open Gym	Bball Open Gym	Bball Open Gym	Bball Open Gym				
	Open Wt Room	Open Wt Room	Open Wt Room	Open Wt Room				
	10-12	10-12	10-12	10-12				
	Volleyball Camp	Volleyball Camp	Volleyball Camp	Volleyball Camp				
29	30	31		2	3	4		
Week 9	Bball Open Gym	Bball Open Gym	Bball Open Gym TBA	Volleyball Practice	\/a!!-:	العطا		
	Open Wt Room	Open Wt Room	Open Wt Room TBA	Open Wt Room TBA	Volley Scrimm	1 1		
	10-12	10-12	V II I II 5		J JCIIIIII	Iuges		
			Volleyball Begins					