

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	OFF	
6	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	OFF	
13	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	OFF	
20	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	BASEBALL/SOFTBALL/BASKETBALL/SOCCER SUMMER WORKOUT	OFF	
27	OFF	OFF	OFF			

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				OFF	OFF	
4	OFF	OFF	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	OFF	
11	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	OFF	
18	OFF	OFF	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	FOOTBALL/VOLLEYBALL SUMMER WORKOUT	OFF	
25	OFF	OFF	OFF	OFF	OFF	

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL
8	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL	FOOTBALL/VOLLEYBALL
15						
22						
29						

EVERY DAY SUMMER WORKOUT INFORMATION

7TH-12TH GRADE ONLY

7:30AM-9:00AM

NOT YOUR SPORT SPECIFIC DAYS

If your sport is not listed on day, then you need to report to the Stadium at 7:15am for the workout till 9am.

7:30AM-10:00AM

SPORT SPECIFIC DAYS

If your sport is listed on day, then you need to report to the HS Weight Room at 7:15am for the workout/sport specific activities till 10am.

CAMP INFORMATION

SOFTBALL 12:00PM-2:00PM JUNE 7TH-9TH \$30.00
1ST THROUGH INCOMING 9TH GRADE GIRLS

BOYS BBALL 10:15AM-12:15PM JUNE 7TH-JUNE 10TH \$50.00
1ST THROUGH INCOMING 4TH GRADE BOYS

BOYS BBALL 1:00PM-4:15PM JUNE 7TH-JUNE 10TH \$60.00
5TH THROUGH INCOMING 9TH GRADE BOYS

BASEBALL 12:00PM-2:00PM JUNE 14TH-16TH \$30.00
1ST THROUGH INCOMING 9TH GRADE BOYS

GIRLS BBALL 1:00PM-3:30PM JUNE 14TH-JUNE 17TH \$60.00
1ST THROUGH INCOMING 9TH GRADE GIRLS

GIRLS SOCCER 8:30AM-11:00AM JULY 5TH-8TH \$50.00
1ST THROUGH INCOMING 9TH GRADE GIRLS

VOLLEYBALL 10:30AM-1:00PM JULY 12TH-JULY 15TH \$50.00
4TH THROUGH INCOMING 9TH GRADE GIRLS

FOOTBALL 10:30AM-12:00PM JULY 12TH-JULY 15TH \$30.00
2ND THROUGH INCOMING 6TH GRADE BOYS

FOOTBALL 9:30AM-11:00AM JULY 26TH-JULY 29TH \$30.00
7TH GRADE THROUGH INCOMING 9TH GRADE BOYS

****Some Camp Prices above are only if you register ahead of time. Please see each Camp Flyer for more information regarding that specific camp****