

# SUMMER 2023 Schedule

## STRENGTH & CONDITIONING

JUNE 5<sup>TH</sup> – JUNE 8<sup>TH</sup>  
JUNE 12<sup>TH</sup> – JUNE 15<sup>TH</sup>  
JUNE 19<sup>TH</sup> – JUNE 22<sup>ND</sup>  
JUNE 26<sup>TH</sup> – JUNE 29<sup>TH</sup>

*OFF THE WEEK OF JULY 3<sup>RD</sup>*

JULY 10<sup>TH</sup> – JULY 13<sup>TH</sup>  
JULY 17<sup>TH</sup> – JULY 20<sup>TH</sup>

### INCOMING 7<sup>TH</sup>-12<sup>TH</sup> GRADE - BOYS

Monday – Thursday  
8:00 AM – 10:00 AM  
Field House

### INCOMING 7<sup>TH</sup> – 12<sup>TH</sup> GRADE - GIRLS

Monday – Wednesday  
8:30 AM – 10:30 AM  
Gym

### What to bring:

Your own water container  
Sport specific shoes or cleats