

June Strength & Conditioning 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Varsity Workout 3-5 p.m.	4	5 Varsity Workout 3-5 p.m.	6	7
8	9 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	10	11 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	12	13 Varsity Workout 7-9 a.m.	14
15	16 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	17	18 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	19	20 Varsity Workout 7-9 a.m.	21
22	23 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	24	25 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	26	27 Varsity Workout 7-9 a.m.	28
29	30 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)					

July Strength & Conditioning 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	3	4	5
6	7 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	8	9 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	10	11 Varsity Workout 7-9 a.m.	12
13 Crystal Lake Shootout (V)	14 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	15	16 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	17	18 Varsity Workout 7-9 a.m.	19
20	21 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	22	23 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	24	25 Varsity Workout 7-9 a.m.	26
27	28 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	29	30 Varsity Workout 7-9 a.m. ----- Barb Boot Camp 8-9 a.m. (F & S)	31	<u>NO CONTACT DAYS BEGIN AUGUST 2ND!</u>	

August Strength & Conditioning 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Varsity Workout 7-9 a.m.	2
3	4 Varsity Workout 7-9 a.m.	5	6 Varsity Workout 7-9 a.m.	7	8 Varsity Workout 7-9 a.m.	9
10	11 Varsity Workout 7-9 a.m.	12	13 Varsity Workout 7-9 a.m. <hr style="width: 50%; margin: 5px auto;"/> <u>Fall Sports Begin!</u>	14	15 Varsity Workout 7-9 a.m.	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						