

July



SUMMER SCHEDULE



SCHOOL CLOSED!!
JULY 1ST-5TH

MONDAYS

6TH, 13TH, 20TH,
27TH

SUMMER SUCCESS

WEIGHTS AND CONDITIONING
@ SAC 8-10

TUESDAYS

7TH, 14TH, 21ST,
28TH

SUMMER SUCCESS & VOLLEYBALL

WEIGHTS AND CONDITIONING @ SAC 8-10
VOLLEYBALL @ JGYM 10-11AM

WEDNESDAYS

8TH, 15TH, 22ND,
29TH

SUMMER SUCCESS

WEIGHTS AND CONDITIONING
@ SAC 8-10

THURSDAYS

9TH, 16TH, 23RD,
30TH

SUMMER SUCCESS & VOLLEYBALL

WEIGHTS AND CONDITIONING @ SAC 8-10
VOLLEYBALL @ JGYM 10-11AM

**HARD WORK BEATS TALENT
WHEN TALENT DOESN'T WORK HARD**