

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 DEAD PERIOD
2 DEAD PERIOD	3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD
9 DEAD PERIOD	10 DEAD PERIOD	11 DEAD PERIOD	12 DEAD PERIOD	13 DEAD PERIOD	14 DEAD PERIOD	15 DEAD PERIOD
16 DEAD PERIOD	17 OFF	18 VARSITY GEAR 1-3PM	19 JV GEAR 1-3PM	20 FRESHMEN GEAR 1-3PM	21 OFF	22 OFF
23 OFF	24 WEIGHT ROOM 3-4PM	25 WEIGHT ROOM 3-4PM	26 BOOSTER MEETING 6PM	27 CONDITIONING PRACTICE 4-6PM	28 CONDITIONING PRACTICE 4-6PM	29 CONDITIONING PRACTICE 8-10AM
30 OFF	31 WEIGHT ROOM 3-4 FILMS 4-4:40 PRACTICE 5-7:30PM					