

June 2024

June 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 HELMET Practice 4pm-6:30pm	4 HELMET Practice 4pm-6:30pm	5 HELMET Practice 4pm-6:30pm	6 Practice 4pm-6:30pm	7 Practice 4pm-6:30pm	8
9	10 Practice 4pm-6:30pm	11 Practice 4pm-6:30pm	12 Practice 4pm-6:30pm	13 Practice 4pm-6:30pm	14 Practice 4pm-6:30pm	15
16	17 Practice 4pm-6:30pm	18 Practice 4pm-6:30pm	19 Practice 4pm-6:30pm	20 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	21 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	22 TEAM BONDING
23	24 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	25 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	26 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	27 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	28 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	29 TEAM BONDING

July 2024

July 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6
7	8 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	9 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	10 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	11 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	12 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	13 TEAM BONDING
14	15 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	16 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	17 Mercer Island Scrimmage @ Mercer Island	18 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	19 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	20 TEAM BONDING

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21	22 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	23 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	24 Mercer Island Scrimmage @ Interlake	25 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	26 SCRIMMAGE AGAINST REDMOND AT INTERLAKE @ 6PM	27 TEAM BONDING
28	29 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	30 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE	31 6:00-7:30 AM WEIGHTS 7:50-8:50AM – WALK THRU 9-10:30AM – FILM, TREATMENT, FOOD 11-1:30PM – PRACTICE			