

**OC BEACH SCHEDULE \* COACH KELLY UNVERDORBEN 716-378-0833**

**JULY 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1. MALIBU 9:00-10:30 TAMPA 10:30-12:00 MIAMI 1:00-2:30	2. RIO 9-10:30 REDONDO 10:30-12:00 HERMOSA 12:30-2:00 SIESTA KEY 2:00-3:30 HURRICANE 3:30-5:00	3 MAUI 10:30-12:00  SUNSHINE SERIES	4  <b>HAPPY 4TH</b>	5	6  RIDE THE WAVE DIVISION A
7  RIDE THE WAVE DIVISION B	8  TAMPA 10:30-12:00  MIAMI 1:00-2:30	9 RIO 9-10:30 REDONDO 10:30-12:00 HERMOSA 12:30-2:00 SIESTA KEY 2:00-3:30 HURRICANE 3:30-5:00	10  MALIBU 9:00-10:30  MAUI 10:30-12:00 SUNSHINE SERIES	11	12  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 12U & 16U & BOYS 16U	13  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 12U & 16U & BOYS 16U
14  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 12U & 16U & BOYS 16U	15  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 14U & 18U & BOYS 14U & 16U	16  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 14U & 18U & BOYS 14U & 16U	17  USA BEACH NATIONALS FT. LAUDERDALE, FL GIRLS 14U & 18U & BOYS 14U & 16U	18	19	20
21	22  TAMPA 10:30-12:00	23  HERMOSA 12:30-2:00 SIESTA KEY 2:00-3:30 HURRICANE 3:30-5:00	24  MALIBU 9:00-10:30  MAUI 10:30-12:00 REDONDO 1:00-2:30	25  MIAMI 1:00-2:30	26	27  SPIKED PUNCH DIVISION A
28  SPIKED PUNCH DIVISION A	29	30  PANTHER PERFORMANCE CAMPS  JV/BEGINNERS	1  PANTHER PERFORMANCE CAMPS  JV/BEGINNERS	2  PANTHER PERFORMANCE CAMPS  JV/BEGINNERS	3	4

**~ EXTRA REPS IN THE GYM IS HARD, NOT GETTING WHAT YOU WANT IS HARDER! ~**