

July

2019

Summer Football Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lifting & Conditioning 8:45-11:00am Grades 9-12	2 Lifting & Conditioning 8:45-11:00am Grades 9-12	3 4 th of July Off Day Active Rest	4 4 th of July Off Day Active Rest	5 4 th of July Off Day Active Rest	6
7	8 Lifting & Conditioning 8:45-11:00am Grades 9-12	9 Lifting & Conditioning 8:45-11:00am Grades 9-12	10 Lifting & Conditioning 8:45-11:00am Grades 9-12	11 Lifting & Conditioning 8:45-11:00am Grades 9-12	12 Off Day	13
14	15 Lifting & Conditioning 8:45-11:00am Grades 9-12	16 Lifting & Conditioning 8:45-11:00am Grades 9-12	17 Lifting & Conditioning 8:45-11:00am Grades 9-12	18 Lifting & Conditioning 8:45-11:00am Grades 9-12	19 Off Day	20 Free Physicals! 1pm, Think HealthCare 72nd & Center
21	22 Weight Room 8am or 11am Central Football Camp 8:45-11:00am, half pads	23 Weight Room 8am or 11am Central Football Camp 8:45-11:00am, half pads	24 Weight Room 8am or 11am Central Football Camp 8:45-11:00am, half pads	25 Weight Room 8am or 11am Central Football Camp 8:45-11:00am, half pads	26 Off Day	27
28	29 Lifting & Conditioning 8:45-11:00am Grades 9-12	30 Lifting & Conditioning 8:45-11:00am Grades 9-12	31 Lifting & Conditioning 8:45-11:00am Grades 9-12			
	<i>Eat something for breakfast before each workout</i>		<i>**dates and times subject to change**</i>		<i>Drink plenty of water to hydrate before each workout</i>	