

**JUNE 2019**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
26 Must have a current physical, parent permission, and concussion form on file in order to participate	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	1 Physical, Parent Permission, and Concussion forms can be found at <a href="http://www.ironhorseathletics.net">www.ironhorseathletics.net</a>
2 All workouts located at <b>Philip Simmons High School</b>	<b>3</b>	<b>4</b> <b>Last Day of School</b>	<b>5</b> <b>7-9am</b> <b>Workout #1</b>	<b>6</b> <b>7-9am</b> <b>Workout #2</b>	<b>7</b>	8
9	<b>10</b> <b>OFF</b>	<b>11</b> <b>OFF</b>	<b>12</b> <b>OFF</b>	<b>13</b> <b>OFF</b>	<b>14</b> <b>OFF</b>	15
16	<b>17</b> <b>7-9am</b> <b>Workout #3</b>	<b>18</b> <b>7-9am</b> <b>Workout #4</b>	<b>19</b> <b>7-9am</b> <b>Workout #5</b>	<b>20</b>	<b>21</b>	22
23	<b>24</b> <b>7-9am</b> <b>Workout #6</b>	<b>25</b> <b>7-9am</b> <b>Workout #7</b>	<b>26</b> <b>7-9am</b> <b>Workout #8</b>	<b>27</b>	<b>28</b>	29
30						

**\*DATES AND TIMES SUBJECT TO CHANGE\***

**JULY 2019**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
30 Must have a current physical, parent permission, and concussion form on file in order to participate	<b>1</b> <b>OFF</b>	<b>2</b> <b>OFF</b>	<b>3</b> <b>OFF</b>	<b>4</b> <b>Independence Day</b>	<b>5</b>	<b>6</b> Physical, Parent Permission, and Concussion forms can be found at <a href="http://www.ironhorseathletics.net">www.ironhorseathletics.net</a>
<b>7</b> All workouts located at <b>Philip Simmons High School</b>	<b>8</b> <b>OFF</b>	<b>9</b> <b>OFF</b>	<b>10</b> <b>OFF</b>	<b>11</b> <b>OFF</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>7-9am</b> <b>Workout #9</b>	<b>16</b> <b>7-9am</b> <b>Workout #10</b>	<b>17</b> <b>7-9am</b> <b>Workout #11</b>	<b>18</b> <b>7-9am</b> <b>Workout #12</b>	<b>19</b> <b>Start of Dead Period</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>OFF</b>	<b>23</b> <b>OFF</b>	<b>24</b> <b>OFF</b>	<b>25</b> <b>OFF</b>	<b>26</b> <b>OFF</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>OFF</b>	<b>30</b> <b>OFF</b>	<b>31</b> <b>End of Dead Period</b>			

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