

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>SUMMER WORKOUT ATTENDANCE STARTS JUNE 3RD - PLEASE COMMUNICATE IF YOU NEED TO MISS</u></p>	<p><u>SCHEDULE FOR JUNE WORKOUTS</u> 8:00 AM BREAKFAST 8:20-10:40 WORKOUT/PRACTICE 11AM LUNCH</p>	<p>*STARTING JUNE 5TH WE WILL WORK OUT ON SCHEDULE TO THE LEFT*</p>	<p>BREAKFAST AND LUNCH IS PROVIDED BY BCSD AND SERVED IN PSHS CAFETERIA. IT IS FREE TO ALL OF OUR ATHLETES. WE HIGHLY ENCOURAGE THE PLAYERS TO EAT BOTH MEALS HERE IN ORDER TO PROVIDE THE PROPER NOURISHMENT TO THEIR BODY FOR THE DAILY WORKOUT. WE WILL BE VERY ACTIVE FROM 8:20 TO 10:40 SO WE NEED TO MAKE SURE WE FUEL UP!</p>			<p>1 Lowcountry Food Bank Service Day 9am-12pm</p>
2	<p>3 DAY 1 4 PM-5:30 PM</p>	<p>4 DAY 2 HALF DAY 12PM-2PM WORKOUT</p>	<p>5 DAY 3 LAST DAY OF SCHOOL 8 AM WORKOUT</p>	<p>6 DAY 4 8AM WORKOUT CANE BAY 7 ON 7</p>	<p>7 OFF</p>	8
9	<p>10 DAY 5</p>	<p>11 DAY 6</p>	<p>12 DAY 7</p>	<p>13 DAY 8 CANE BAY 7 ON 7</p>	<p>14 OFF</p>	15
<p>16 YOUTH FOOTBALL CAMP WEEK FATHER'S DAY</p>	<p>17 DAY 9 SERVICE DAY WITH PATTISONS ACADEMY 1PM</p>	<p>18 DAY 10</p>	<p>19 DAY 11</p>	<p>20 DAY 12</p>	<p>21 OFF</p>	22
23	<p>24 DAY 13</p>	<p>25 DAY 14</p>	<p>26 DAY 15</p>	<p>27 DAY 16 CANE BAY 7 ON 7</p>	<p>28 OFF</p>	29
30				<p>CANE BAY 7 ON 7 WILL BE FROM 10AM-12PM. ONLY A SELECT GROUP OF PLAYERS ATTEND. WE WILL USE A PSHS BUS AND BE BACK BY 12:30PM.</p>		