

MAY/JUNE 2019

SUBJECT SUMMER WORKOUT PERIOD _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK	27 (All other Male Sports will meet 9-11 with JV) <small>NOTES</small>	28 Workouts JV (9-11) Workouts V Football (4-7)	29	30 Workouts JV (9-11) Workouts V Football (4-7)	31	01/02
WEEK	03 Passing (4-6) <small>NOTES</small>	04 Workouts JV (9-11) Workouts V Football (4-7)	05	06 Workouts JV (9-11) Workouts V Football (4-7)	07	8/9
WEEK	10 Passing (4-6) <small>NOTES</small>	11 Workouts JV (9-11) Workouts V Football (4-7)	12	13 Workouts JV (9-11) Workouts V Football (4-7)	14	15/16
WEEK	17 Passing (4-6) <small>NOTES</small>	18 Workouts JV (9-11) Workouts V Football (4-7)	19	20 Workouts JV (9-11) Workouts V Football (4-7)	21	22/23
WEEK	24 Passing (4-6) <small>NOTES</small>	25 Workouts JV (9-11) Workouts V Football (4-7)	26	27 Workouts JV (9-11) Workouts V Football (4-7)	28	29/30
WEEK	<small>NOTES</small>					

JULY/AUGUST 2019

SUBJECT SUMMER WORKOUT PERIOD _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK	01 OFF	02 OFF	03	04 OFF	05	06/07
NOTES						
WEEK	08 Passing (4-6)	09 Workouts JV (9-11) Workouts V Football (4-7)	10	11 Workouts JV (9-11) Workouts V Football (4-7)	12	13/14
NOTES						
WEEK	15 Passing (4-6)	16 Off	17 Off	18 Off	19 OFF	20/21
NOTES						
WEEK	22 Passing (4-6)	23 Workouts JV (9-11) Workouts V Football (4-7)	24	25 Workouts JV (9-11) Workouts V Football (4-7)	26	27/28
NOTES						
WEEK	29 Passing (4-6)	30 Workouts JV (9-11) Workouts V Football (4-7)	31	01 Workouts JV (9-11) Workouts V Football (4-7)		
NOTES						
WEEK						
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