

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO WEIGHTS	2 NO WEIGHTS	3 NO WEIGHTS	4 NO WEIGHTS	5	6
7	8 Var/JV Wts 9-12 Frosh wts 10:30-12	9 Var/JV Wts 9-12 Frosh wts 10:30-12	10 Var/JV Wts 9-12 Frosh wts 10:30-12	11 Var/JV Wts 9-12 Frosh wts 10:30-12	12	13
14	15 Var/JV Wts 9-12 Frosh wts 10:30-12	16 Var/JV Wts 9-12 Frosh wts 10:30-12	17 Var/JV Wts 9-12 Frosh wts 10:30-12	18 Var/JV Wts 9-12 Frosh wts 10:30-12	19	20
21	22 Var/JV Wts 9-12 Frosh wts 10:30-12	23 Var/JV Wts 9-12 Frosh wts 10:30-12	24 Var/JV Wts 9-12 Frosh wts 10:30-12	25 Var/JV Wts 9-12 Frosh wts 10:30-12	26	27
28	29 1st Day of Fall Football All Grades 9am- 11am Helmets	30 Football All Grades 9am- 11am Helmets	31 Football All Grades 9am- 11am Shells			