

# 2016 JULY

# Freshmen

SUNDAY

CALENDAR YEAR / MONTH

Coach: Jeff Adams

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FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01 Off	02
03	04 Off	05 Off	06 Off	07 Off	08 Off	09
10	11 Fenton Team Camp 4:30 PM to 7:00 PM	12 Fenton Team Camp 4:30 PM to 7:00 PM	13 Fenton Team Camp 4:30 PM to 7:00 PM	14 Fenton Team Camp 4:30 PM to 7:00 PM	15 Off	16
17	18 SWeights 3:30p Speed Training 4:30p Frosh 7x7 5:30p	19 7x7 @Howell 5-8p	20 Weights 3:30p	21 Weights 3:30p Speed Training 4:30p	22 Off	23
24	25 SWeights 3:30p Speed Training 4:30p Frosh 7x7 5:30p	26 7x7 @Howell 5-8p	27 Weights 3:30p	28 Weights 3:30p Speed Training 4:30p	29 Off	30
31	01	02	03	04	05	06