

# MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Open Field 6-7:30	3	4	5	6	7
8	9 Open Field 6-7:30	10	11	12	13	14
15	16 Open Field 6-7:30	17	18	19	20	21
22	23 Open Field 6-7:30	24	25	26 Last Student Day of School	27	28
29	30 Open Field 5:30-7 Weights/ conditioning 9- 10:15	31 Weights/ conditioning 9- 10:15 1 mile run Time				

# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1 mile run/sprint	2 Weights/ conditioning 9- 10:15	3 Weights/ conditioning 9- 10:15 1 1/2 mile	4
5	6 Open Field 5:30-7 Weights/ conditioning 9- 10:15	7 Weights/ conditioning 9- 10:15 1 mile run Time	8 1 mile run/sprint	9 Weights/ conditioning 9- 10:15	10 Weights/ conditioning 9- 10:15 1 1/2 mile	11
12	13 Open Field 5:30-7 Weights/ conditioning 9- 10:15	14 Weights/ conditioning 9- 10:15 1 mile run Time	15 1 mile run/sprint	16 Weights/ conditioning 9- 10:15	17 Weights/ conditioning 9- 10:15 1 1/2 mile	18
19	20 Open Field 5:30-7 Weights/ conditioning 9- 10:15	21 Weights/ conditioning 9- 10:15 1 mile run Time	22 1 mile run/sprint	23 Weights/ conditioning 9- 10:15	24 Weights/ conditioning 9- 10:15 1 1/2 mile	25
26	27 Open Field 5:30-7 Weights/ conditioning 9- 10:15	28 Weights/ conditioning 9- 10:15 1 mile run Time	29 1 mile run/sprint	30 Weights/ conditioning 9- 10:15		

# JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Moratorium Week (No Activities)	4 Moratorium Week (No Activities)	5 Moratorium Week (No Activities)	6 Moratorium Week (No Activities)	7 Moratorium Week (No Activities)	8 Moratorium Week (No Activities)	9 Moratorium Week (No Activities)
10 11 Soccer Camp Weights/ conditioning 9- 10:15	11 12 Soccer Camp Weights/ conditioning 9- 10:15 1 mile run Time	12 13 Soccer Camp Weights/ conditioning 9- 10:15 1 mile run/sprint	13 14 Soccer Camp Weights/ conditioning 9- 10:15	14 15 Soccer Camp Weights/ conditioning 9- 10:15 1 1/2 mile	15 16 Soccer Camp Weights/ conditioning 9- 10:15	16 17 Soccer Camp Weights/ conditioning 9- 10:15
17 18 Open Field 5:30-7 Weights/ conditioning 9- 10:15	18 19 Open Field 5:30-7 Weights/ conditioning 9- 10:15 1 mile run Time	19 20 Weights/ conditioning 9- 10:15 1 mile run/sprint	20 21 1 mile run/sprint Weights/ conditioning 9- 10:15	21 22 Weights/ conditioning 9- 10:15 1 1/2 mile	22 23 Weights/ conditioning 9- 10:15	23 24 Weights/ conditioning 9- 10:15
24 25 Open Field 5:30-7 Weights/ conditioning 9- 10:15	25 26 Open Field 5:30-7 Weights/ conditioning 9- 10:15 1 mile run Time	26 27 Weights/ conditioning 9- 10:15 1 mile run/sprint	27 28 1 mile run/sprint Weights/ conditioning 9- 10:15	28 29 Weights/ conditioning 9- 10:15 1 1/2 mile	29 30 Weights/ conditioning 9- 10:15	30

# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1st Day of Preseason 1 Mile Timed Test	2 Preseason	3 Preseason	4 Preseason	5 Preseason	6
7	8 Preseason	9 School Starts	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			