

TIGER ATHLETICS



Summer Strength & Conditioning June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1-Jun	2
			Softball Camp: 1st-5th grade 9a-11a 6th-9th Grade 11:30a - 1:30p			
No Workouts - Rest and Enjoy the Break!!						
3	4	5	6	7	8	9
Girls Basketball Camp: Incoming 2nd-5th graders (8am - 10am) Incoming 9th graders (10a-12p)	Incoming 9th Graders 1p - 3p					
SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
	7th/8th - 7 am 7 @ 7pm			Open Gym: 10a - 11:30a		
10	11	12	13	14	15	16
	Open Gym: 10a - 11:30a	Open Gym: 10a - 11:30a				
SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
	7th/8th - 7 am 7 @ 7pm					
17	18	19	20	21	22	23
Boys Basketball Camp: Incoming 2nd-5th graders (8am - 10am) Incoming 9th graders (10a-12p)	Incoming 9th Graders 1p - 3p					
SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
	7th/8th - 7 am 7 @ 7pm		Open Gym: 10a - 11:30a			
24	25	27	27	28	29	30
	Volleyball Camp: Elementary, MS & HS					
SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
	Open Gym: 10a - 11:30a	Open Gym: 10a - 11:30a				

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Summer Strength & Conditioning July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	No Workouts - Rest and Enjoy the Break!!						
8	9	10	11	12	13	14	
	SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
	SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
15	16	17	18	19	20	21	
	SUMMER S/C - HIGH SCHOOL - 6:45 am - 8:15 am						
	SUMMER S/C - MIDDLE SCHOOL - 8:15 am - 9:30 am						
	Final Big Boy Run of the Summer - Pancake Breakfast						
22	23	24	25	26	27	28	
	-----Volleyball HS Team Camp-----						
	No Workouts - Rest and Enjoy the Break!!						
29	30	31	1-Aug	2	3	4	
No Workouts - Rest and Enjoy the Break!!							

