

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>85%</b> ATTENDANCE GOAL	No weights this week due to new KSHSAA Rules.	2	3	4 Happy 4 <sup>th</sup> of July!	5 Fridays are makeup days. To make a day up call Coach Simon @ 316-772-1430.	6
		7	8	9	10	11
<b>100%</b> CAMP ATTENDANCE	Weights: 7:00-9:00 <u>PM</u>  <b>FB CAMP: 7:00-9:30 <u>AM</u></b>	Weights: 7:00-9:00 <u>PM</u>  <b>FB CAMP: 7:00-9:30 <u>AM</u></b>	Weights: 7:00-9:00 <u>PM</u>  <b>FB CAMP: 7:00-9:30 <u>AM</u></b>	Weights: 7:00- 9:00 <u>PM</u>  <b>FB CAMP: 7:00-9:30 <u>AM</u></b>	<b>FB CAMP: 7:00-9:30 <u>AM</u></b>	
	14	15	16	17	18	19
	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Run	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Plyometrics	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Conditioning	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Agilities		
21	22	23	24	25	26	27
	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Run	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Plyometrics	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Conditioning	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Agilities		

28	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Run	29	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Plyometrics	30	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM  Conditioning	31		
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