

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>85% ATTENDENCE GOAL</p>		28	29	30	31	1
		Weights: Boys- 6:15 AM Girls- 7:30 AM	Weights: Boys- 6:15 AM Girls- 7:30 AM	Weights: Boys- 6:15 AM Girls- 7:30 AM	Fridays are make-up days. To make a day up call Coach Simon @ 316-772-1430.	
		MAX-OUTS	MAX-OUTS	MAX-OUTS		
2	3	4	5	6	7	8
Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM		
Run	Plyometrics	Conditioning	Agilities			
9	10	11	12	13	14	15
Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM		
Run	Plyometrics	Conditioning	Agilities			
16	17	18	19	20	21	22
Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM		
Run	Plyometrics	Conditioning	Agilities			
23/30	24	25	26	27	28	29
Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM	Boys- 6:15 AM Girls- 7:30 AM JH- 8:30 AM		
Run	Plyometrics	Conditioning	Agilities			