



JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Boys conditioning begins 6:30 - 8	1 Girls conditioning begins 7:15 -8:15	2	3	4	5
6	7	8	9	10	11	12
13	14 Boys Bball camp HS 7:15-8:30 JH 8:45-10:00	15 Boys Bball camp HS 7:15-8:30 JH 8:45-10:00	16 Boys Bball camp HS 7:15-8:30 JH 8:45-10:00	17 Boys Bball camp HS 7:15-8:30 JH 8:45-10:00	18 HS Boys Bball team camp @ OSU	19 HS Boys Bball team camp @ OSU
20	21 VB camp HS 6-7:30 JH 9-11 3rd-5th 11-12	22 VB camp HS 6-7:30 JH 9-11 3rd-5th 11-12	23 VB camp HS 6-7:30 JH 9-11 3rd-5th 11-12	24 VB camp HS 6-7:30 JH 9-11 3rd-5th 11-12	25 VB camp HS 6-7:30 JH 9-11 3rd-5th 11-12	26
27	28 Summer Moratorium	29 Summer Moratorium	30 Summer Moratorium	1 Summer Moratorium	2 Summer Moratorium	3 Summer Moratorium

Weekly Conditioning:

- Boys
 - M - F 6:30 am - 8:00 am weights followed by skills
- Girls
 - M - Th 7:15 am - 8:15 am weights followed by basketball skills on Tuesday and volleyball skills on Thursday



July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Summer Moratorium ends	5 Driver's Ed begins Girls BB camp JH & HS 7:30 am-9 am 3rd-5th 9:15am -10:45 am Boys 3rd-5th BB camp 9:15am -10:45 am	6 Girls BB camp JH & HS 7:30 am-9 am 3rd-5th 9:15am -10:45 am Boys 3rd-5th BB camp 9:15am -10:45 am	7 Girls BB camp JH & HS 7:30 am-9 am 3rd-5th 9:15am -10:45 am Boys 3rd-5th BB camp 9:15am -10:45 am	8 Girls BB camp JH & HS 7:30 am-9 am 3rd-5th 9:15am -10:45 am Boys 3rd-5th BB camp 9:15am -10:45 am	9	10
11	12 7-12 FB camp 7:15-8:30	13 7-12 FB camp 7:15-8:30	14 7-12 FB camp 7:15-8:30	15 7-12 FB camp 7:15-8:30	16	17
18	19 Restricted workouts	20	21	22	23	24
25	26 Restricted workouts	27	28	29 Driver's Ed ends	30	31

Weekly Conditioning:

- Boys
 - M - F 6:30 am - 8:00 am weights followed by skills
- Girls
 - M - Th 7:15 am - 8:15 am weights followed by basketball skills on Tuesday and volleyball skills on Thursday



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Only weights and non-specific conditioning VB, FB, BB	2	3	4	5	6	7
8	9 Only weights and non-specific conditioning VB, FB, BB	10	11	12	13	14
15	16 1st day of Fall sports practice	17	18	19	20	21