

Summer Workout

Jun-10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Session 3 7:30 to 10:00 JV&V Session 4 4:00 to 6:30 Varsity Only	2	Session 5 7:30 to 10:00 JV&V Session 6 4:00 to 6:30 Varsity Only	4 Session 7 7:30 to 10:00 JV&V	5
6	7 Session 8 7:30 to 10:00 JV&V Session 9 4:00 to 6:30 Varsity Only	8 Session 10 7:30 to 10:00 JV&V Session 11 4:00 to 6:30 Varsity Only	9	10 Session 12 7:30 to 10:00 JV&V Session 13 4:00 to 6:30 Varsity Only	11 Session 14 7:30 to 10:00 JV&V	12
13	14 Session 15 7:30 to 10:00 JV&V Session 16 4:00 to 6:30 Varsity Only	15 Session 17 7:30 to 10:00 JV&V Session 18 4:00 to 6:30 Varsity Only	16 Positon Drills 8-9 O-line 9-10 QB RB Wr 10-11 7on7 4-5 DB's LB's 5-6 DL	17Session 19 7:30 to 10:00 JV&V Session 20 4:00 to 6:30 Varsity Only	18 Session 21 7:30 to 10:00 JV&V	19
20	21 Session 22 7:30 to 10:00 JV&V Session 23 4:00 to 6:30 Varsity Only	22 Session 24 7:30 to 10:00 JV&V Session 25 4:00 to 6:30 Varsity Only	23 Positon Drills 8-9 O-line 9-10 QB RB Wr 10-11 7on7 4-5 DB's LB's 5-6 DL	24 Session 26 7:30 to 10:00 JV&V Session 27 4:00 to 6:30 Varsity Only	25 Session 28 7:30 to 10:00 JV&V	26

27	28 Off	29 Off	30 Off			
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