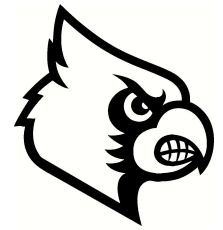


May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WEIGHTS 630-730 AM	2 WEIGHTS 630-730 AM	3	4
5	6 WEIGHTS 630-730 AM	7 WEIGHTS 630-730 AM	8 WEIGHTS 630-730 AM	9 WEIGHTS 630-730 AM	10	11
12	13 WEIGHTS 630-730 AM	14 WEIGHTS 630-730 AM	15 WEIGHTS 630-730 AM	16 WEIGHTS 630-730 AM	17	18
19	20 WEIGHTS 630-730 AM HIGH SCHOOL EQUIPMENT CHECKOUT 7 AM	21 WEIGHTS 630-730 AM HIGH SCHOOL EQUIPMENT CHECKOUT 7 AM	22 WEIGHTS 630-730AM JUNIOR HIGH EQUIPMENT CHECKOUT 7AM	23 NO WEIGHTS LAST DAY OF SCHOOL	24	25
26	27 MEMORIAL DAY NO WEIGHTS	28 WEIGHTS 7AM - 830AM	29 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	30 WEIGHTS 7AM - 830AM	31	

June 2019



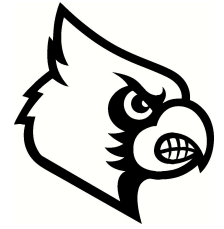
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 OPEN FIELD 5PM -630 PREP FOR PASSING LEAGUE	3 NO WEIGHTS MWSU PASSING LEAGUE - EVENING	4 WEIGHTS 7AM-830AM	5 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	6 WEIGHTS 7AM - 830AM	7	8
9	10 NO WEIGHTS MWSU PASSING LEAGUE - EVENING	11 WEIGHTS 7AM - 830AM	12 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	13 WEIGHTS 7AM - 830AM	14	15
16	17 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	18 WEIGHTS 7AM - 830AM	19 NO WEIGHTS MWSU PASSING LEAGUE - EVENING	20 WEIGHTS 7AM - 830AM	21	22
23	24 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	25 WEIGHTS 7AM - 830AM	26 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	27 WEIGHTS 7AM - 830AM	28	29
30						

July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	2 WEIGHTS 7AM-830AM	3 WEIGHTS 5PM-6PM OPEN FIELD 6PM-730PM	4 HOLIDAY NO WEIGHTS	5	6
7	8 DEAD WEEK	9 DEAD WEEK	10 DEAD WEEK	11 DEAD WEEK	12	13
14	15 WEIGHTS 5PM-6PM NO OPEN FIELD	16 WEIGHTS 7AM-830AM JUNIOR HIGH CAMP & EQUIPMENT CHECKOUT 4:30-630PM	17 WEIGHTS 5PM-6PM JUNIOR HIGH CAMP 5PM - 630PM	18 WEIGHTS 7AM-830AM JUNIOR HIGH CAMP 5PM - 630PM	19	20
21	22 NO WEIGHTS HIGH SCHOOL FOOTBALL CAMP 5PM - 8PM	23 WEIGHTS 7AM-830AM HIGH SCHOOL FOOTBALL CAMP 5PM-8PM	24 NO WEIGHTS HIGH SCHOOL FOOTBALL CAMP 5PM - 8PM	25 WEIGHTS 7AM-830AM HIGH SCHOOL FOOTBALL CAMP 5PM-8PM	26	27
28	29 NO WEIGHTS HIGH SCHOOL FOOTBALL CAMP 5PM - 8PM	30 WEIGHTS 7AM-830AM HIGH SCHOOL FOOTBALL CAMP 5PM-8PM	31 NO WEIGHTS HIGH SCHOOL FOOTBALL CAMP 5PM - 8PM			

August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WEIGHTS 7AM-830AM HIGH SCHOOL FOOTBALL CAMP 5PM-8PM	2	3
4	5 WEIGHTS 5PM-6PM	6 WEIGHTS 7AM-830AM	7 WEIGHTS 5PM-6PM	8 WEIGHTS 7AM-830AM	9	10
11	12 NO WEIGHTS HIGH SCHOOL 1ST PRACTICE 3:30PM -6:30PM CELEBRATION AFTER	13 NO WEIGHTS HIGH SCHOOL PRACTICE 3:30PM-630PM	14 NO WEIGHTS HIGH SCHOOL PRACTICE 3:30PM-630PM	15 1ST DAY OF SCHOOL NO WEIGHTS PRACTICE AFTER SCHOOL	16 HIGH SCHOOL PRACTICE AFTER SCHOOL	17
18 TEAM MEETING - FILM FOOD - 5PM -630PM	19 HIGH SCHOOL PRACTICE 3:30PM-630PM FIRST JH PRACTICE	20 HIGH SCHOOL PRACTICE 3:30PM-630PM	21 HIGH SCHOOL PRACTICE 3:30PM-630PM	22 HIGH SCHOOL PRACTICE 3:30PM-630PM	23 JAMBOREE 7PM AT DEKALB	24
25 TEAM MEETING - FILM FOOD - 5PM -630PM	26 HIGH SCHOOL PRACTICE 3:30PM-630PM	27 HIGH SCHOOL PRACTICE 3:30PM-630PM	28 HIGH SCHOOL PRACTICE 3:30PM-630PM	29 HIGH SCHOOL PRACTICE 3:30PM-500PM TEAM MEAL 5PM	30 AT KING CITY 7PM	31