

August

2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Varsity: Strength Training JV: Field Work (8:00-9:00am) Varsity: Field Work JV: Strength Training (9:15-10:15am) Varsity Equipment Handout (10:30am-Noon)	2 Varsity: Strength Training JV Equipment Handout (8:00-9:00am) Varsity: Field Work JV/FR: Strength Training (9:15-10:15am) FR Equipment Handout (10:30am-Noon)	3 End of Summer Calendar	4	5	6	7
8 Practice begins for all teams at 8:00AM!!! Season calendar by team begins						

*field work is speed/agility/conditioning drills