

# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 <b>Last day of school</b>	16 <b>Varsity: Strength Training</b> <b>JV/FR: Field Work</b> (8:00-9:00am) <b>Varsity: Field Work</b> <b>JV/FR: Strength Training</b> (9:15-10:15am) <b>Speed Camp</b> (10:30am-12:00pm)	17	18	19
20 <b>Varsity: Strength Training</b> <b>JV: Field Work</b> (8:00-9:00am) <b>Varsity: Field Work</b> <b>JV: Strength Training</b> (9:15-10:15am) <b>Varsity Team Building</b> (10:30-11:00am)	21 <b>Varsity: Strength Training</b> <b>JV/FR: Practice</b> (8:00-9:00am) <b>Varsity: Practice</b> <b>JV/FR: Strength Training</b> (9:15-10:15am) <b>Speed Camp</b> (10:30am-12:00pm)	22 <b>Varsity 7 on 7</b> <b>@ Chippewa Valley</b> (6:00-8:00pm)	23 <b>Varsity: Strength Training</b> <b>JV/FR: Practice</b> (8:00-9:00am) <b>Varsity: Practice</b> <b>JV/FR: Strength Training</b> (9:15-10:15am)	24	25	26
27 <b>Varsity: Strength Training</b> <b>JV: Field Work</b> (8:00-9:00am) <b>Varsity: Field Work</b> <b>JV: Strength Training</b> (9:15-10:15am) <b>Varsity Team Building</b> (10:30-11:00am)	28 <b>Varsity: Strength Training</b> <b>JV/FR: Practice</b> (8:00-9:00am) <b>Varsity: Practice</b> <b>JV/FR: Strength Training</b> (9:15-10:15am) <b>Speed Camp</b> (10:30am-12:00pm)	29 <b>Varsity 7 on 7</b> <b>@ Chippewa Valley</b> (6:00-8:00pm)	30 <b>Varsity: Strength Training</b> <b>JV/FR: Practice</b> (8:00-9:00am) <b>Varsity: Practice</b> <b>JV/FR: Strength Training</b> (9:15-10:15am) <b>Speed Camp</b> (10:30am-12:00pm)			

\*practice is one of 15 allotted by MHSAA for the summer (can include balls, shields, dummies, sleds, etc.)

\*7on7s count as a practice date (allowed up to 7)

\*field work is speed/agility/conditioning drills