

Summer Football Workout Schedule			
MAY			
	Date	Time	Grade
LIFT AFTER EXAM	20-May	11:30	10--12
LIFT AFTER EXAM	22-May	11:30	10--12
Last Day of school	24-May		
<b>MEMORIAL DAY</b>	<b>27-May</b>	<b>No Workout</b>	
WORKOUT	28-May	5-8:00 PM	9--12
WORKOUT	29-May	4-6:00 PM	9--12
WORKOUT	30-May	5-8:00 PM	9--12
JUNE			
WORKOUT	3-Jun	4-6 PM	9--12
WORKOUT	4-Jun	5-8 PM	9--12
WORKOUT	5-Jun	4-6 PM	9--12
WORKOUT	6-Jun	5-8 PM	9--12
MAKE-UP WORKOUT	10-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	10-Jun	10-11 AM	6--8
WORKOUT	10-Jun	4-6 PM	9--12
WORKOUT	11-Jun	5-8 PM	9--12
MAKE-UP WORKOUT	12-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	12-Jun	10-11 AM	6--8
WORKOUT	12-Jun	4-6 PM	9--12
WORKOUT	13-Jun	5-8 PM	9--12
MAKE-UP WORKOUT	17-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	17-Jun	10-11 AM	6--8
WORKOUT	17-Jun	4-6 PM	9--12
WORKOUT	18-Jun	5-8 PM	9--12
MAKE-UP WORKOUT	19-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	19-Jun	10-11 AM	6--8
WORKOUT	19-Jun	4-6 PM	9--12
MAKE-UP WORKOUT	24-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	24-Jun	10-11 AM	6--8
WORKOUT	24-Jun	4-6 PM	9--12
WORKOUT	25-Jun	5-8 PM	9--12
MAKE-UP WORKOUT	26-Jun	9-10 AM	9--12
MIDDLE SCHOOL WORKOUT	26-Jun	10-11 AM	6--8
WORKOUT	26-Jun	4-6 PM	9--12
WORKOUT	27-Jun	5-8 PM	9--12
JULY			
<b>DEAD WEEK No Football Activities</b>		<b>JULY 1-5</b>	
MAKE-UP WORKOUT	8-Jul	9-10 AM	9--12
WORKOUT	8-Jul	4-6 PM	9--12
WORKOUT	9-Jul	5-8 PM	9--12
MAKE-UP WORKOUT	10-Jul	9-10 AM	9--12
WORKOUT	10-Jul	4-6 PM	9--12
WORKOUT	11-Jul	5-8 PM	9--12
MAKE-UP WORKOUT	15-Jul	9-10 AM	9--12
WORKOUT	16-Jul	5-8 PM	9--12
MAKE-UP WORKOUT	17-Jul	9-10 AM	9--12
WORKOUT	17-Jul	4-6 PM	9--12
WORKOUT	18-Jul	5-8 PM	9--12
CONDITIONING AT GREENBRIER MANDATORY			
CONDITIONING WORKOUT	22-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	23-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	24-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	25-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	29-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	30-Jul	5-8 PM	9--12
CONDITIONING WORKOUT	31-Jul	5-8 PM	9--12