

June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Training 6:00-8:00pm	2 Weight Room/ Conditioning 8:00-10:00am	3 Training 6:00-8:00pm	4 Weight Room/ Conditioning 8:00-10:00am	5	6
7 Conditioning/ Open Fields 6:00-8:00pm	8 Training 6:00-8:00pm	9 Weight Room/ Conditioning 8:00-10:00am	10 Training 6:00-8:00pm	11 Weight Room/ Conditioning 8:00-10:00am	12	13
14 Conditioning/ Open Fields 6:00-8:00pm	15 Training 6:00-8:00pm	16 Weight Room/ Conditioning 8:00-10:00am	17 Training 6:00-8:00pm	18 Weight Room/ Conditioning 8:00-10:00am	19	20
21 Happy Father's Day DAY OFF	22 Training 6:00-8:00pm	23 Weight Room/ Conditioning 8:00-10:00am	24 Training 6:00-8:00pm	25 Weight Room/ Conditioning 8:00-10:00am	26	27
28 DAY OFF	29 DAY OFF	30 DAY OFF				

						** Subject to Change
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July

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 DAY OFF	2 DAY OFF	3	4
5 Conditioning/ Open Fields 6:00-8:00pm	6 Training 6:00-8:00pm	7 Weight Room/ Conditioning 8:00-10:00am	8 Training 6:00-8:00pm	9 Weight Room/ Conditioning 8:00-10:00am	10	11
12 Conditioning/ Open Fields 6:00-8:00pm	13 Training 6:00-8:00pm	14 Weight Room/ Conditioning 8:00-10:00am	15 DAY OFF	16 Friendly at Harrison (2 teams) 7:00pm/8:30pm	17	18 Ohio Elite Preseason Tournament (2 Teams)
19 Ohio Elite Preseason Tournament (2 Teams)	20 DAY OFF	21 Weight Room/ Conditioning 8:00-10:00am	22 Friendly at Fenwick 6:00pm (1 team)	23 DAY OFF	24 Set up for weekend (TBD)	25 Preseason Games at MHS
26	27	28	29	30	31	1

DAY OFF	Training 6:00-8:00pm "SouthStars Day" If we can get Holland	Weight Room/ Conditioning 8:00-10:00am	DAY OFF	DAY OFF		
2						** Subject to Change