



Summer Weights/Skills Schedule



Days and Times			
Time	Weights	Fall Skills (Tues/Thurs)	Winter Skills (Mon/Wed)
6am-7am		HS FB	HS Boys BB
7am-8am	HS Boys	HS VB	HS Girls BB
8am-9am	HS Girls	JH Girls VB JH Boys FB	JH Girls BB JH Boys BB
9am-9:45am	All JH		

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 HS Basketball Camp 6-8pm	3 HS Basketball Camp 6-8pm	4 HS Basketball Camp 6-8pm	5	6	7
8	9 Weights/Skills	10 Weights/Skills	11 Weights/Skills	12 Weights/Skills	13	14
15	16 Weights/Skills	17 Weights/Skills	18 Weights/Skills	19 Weights/Skills	20	21
22	23 Weights/Skills	24 Weights/Skills	25 Weights/Skills	26 Weights/Skills	27	28
29	30 Moratorium					

July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Moratorium	2 Moratorium	3 Moratorium	4 Moratorium	5 Moratorium
6	7 Weights/Skills	8 Weights/Skills	9 Weights/Skills	10 Weights/Skills	11	12
13	14 Weights/Skills HS Volleyball Camp 1-4pm	15 Weights/Skills HS Volleyball Camp 1-4pm HS Football Camp 6-8pm	16 Weights/Skills HS Volleyball Camp 1-4pm HS Football Camp 6-8pm	17 Weights/Skills HS Football Camp 6-8pm	18	19
20	21 Weights/Skills	22 Weights/Skills	23 Weights/Skills	24 Weights/Skills	25	26
27	28 Weights/Skills	29 Weights/Skills	30 Weights/Skills	31 Weights/Skills		

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Weights/Skills	5 Weights/Skills	6 Weights/Skills	7 Weights/Skills	8	9
10	11 Conditioning 7-8am	12 Conditioning 7-8am	13 Conditioning 7-8am	14 Conditioning 7-8am	15 Conditioning 7-8am	16
17	18	19	20	21	22	23
24	25	26	27	28	39	30

