

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 | HS Basketball Camp 6-8pm | HS Basketball Camp 6-8pm | 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 | HS Volleyball Camp 1-4pm | HS Volleyball Camp 1-4pm HS Football Camp 6-8pm | 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 | Conditioning 7-8am | Conditioning 7-8am | Conditioning 7-8am | Conditioning 7-8am | Conditioning 7-8am | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 39 | 30 |