

JUNE 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Weight training 2:15	2	3
4	5	6 Weight training 2:15	7	8 Weight training 2:15	9	10
11	12	13 Weight training 2:15	14	15 Weight training 2:15	16	17
18	19	20 Weight training 2:15	21	22 Weight training 2:15	23	24
25	26	27 Weight training 2:15	28	29	30	

- Weight training will be at RHS weight room with a weights coach.

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Open Gym 9-12	11 Open Gym 12-2 Weight training 2:15	12 Open Gym 9-12	13 V Playdate @ Coosa 9am JV open gym 12-2	14	15
16	17 Open Gym 9-12	18 RHS play date 8-4	19 OFF	20 TEAM CAMP	21 TEAM CAMP	22 TEAM CAMP
23	24 Open Gym 3:30-5	25 Open Gym 3:30-5	26 Open Gym 3:30-5	27	28	29
30	31 Open gym 4-6					