

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	1 Workouts 8:00-10:30 AM	2 Workouts 8:00-10:30 AM	3 No Workouts	4 No Workouts	5	6	
7	8 Workouts 8:00-10:30 AM	9 Workouts 8:00-10:30 AM	10 Workouts 8:00-10:30 AM	11 Workouts 8:00-10:30 AM	12	13	
14	15 Workouts 8:00-10:30 AM	16 Workouts 8:00-10:30 AM Free Physical Night	17 Workouts 8:00-10:30 AM	18 Workouts 8:00-10:30 AM	19	20	
21	22 Workouts 8:00-10:30 AM	23 Workouts 8:00-10:30 AM	24 Workouts 8:00-10:30 AM	25 Workouts 8:00-10:30 AM	26	27	
28	29 1st day of Fall Practice	30 Day 2 Helmets	31 Day 3 Uppers	1	2	3	
4	5	Notes					