

JUL2024

SUN	MON	TUE	WED	THU	FRI	SAT
	01 MORATORIUM OFF	02 MORATORIUM OFF	03 MORATORIUM OFF	04 MORATORIUM OFF	05 MORATORIUM OFF	06 MORATORIUM OFF
07 MORATORIUM OFF	08 Lift & Condition 2:40-4:15 Summer Practice #9 4:30-6:15pm	09 Lift & Film 2:40-5:30pm	10 OFF	11 Lift & Condition 2:40-3:30 Scrimmage (10) @Home vs Homestead 4:00-6:30pm	12 Lift & Film 2:40-5:30pm	13 OFF
14 OFF	15 Lift & Condition 2:40-4:15 Summer Practice #11 4:30-6:15pm	16 Lift & Film 2:40-5:30pm	17 OFF	18 Lift & Condition 2:40-4:15 Summer Practice #12 4:30-6:15pm	19 Lift & Film 2:40-5:30pm	20 OFF
21 OFF	22 #MaxOutMonday Lift & Condition 2:40-4:30pm	23 Lift & Condition 2:40-4:30pm	24 OFF	25 Lift & Condition 2:40-4:30pm	26 Lift & Condition 2:40-4:30pm	27 OFF
28 OFF	29 Lift/Practice? TBD	30 Lift/Practice? TBD	31 OFF			

July 11th Scrimmage – Home – vs Homestead – Freshman will be included

School Begins the Thursday not on the calendar, August 1st. We are waiting to get ruling on if we can begin practices on 7/29/24.