

JUN2023

SUN

MON

TUE

WED

THU

FRI

SAT

01

Lift 2:40pm
Summer
Practice #2
4:30-6:15pm

02

Lift & Film
2:40-5:00pm

03

OFF

04

OFF

05

Lift 2:40pm
Summer
Practice #3
4:30-6:15pm

06

Lift & Film
2:40-5:00pm

07

OFF

08

Lift 2:40pm
Summer
Practice #4
4:30-6:15pm

09

Lift & Film
2:40-5:00pm

10

OFF

11

OFF

12

4 Way
Scrimmage
@NPHS (4)
4:00pm-6:30pm

13

Lift & Film
2:40-5:30pm

14

OFF

15

Lift 2:40pm
Summer
Practice #5
4:30-6:15pm

16

Lift & Film
2:40-5:00pm

17

OFF

18

OFF

19

4 Way
Scrimmage
@NPHS (6)
4:00-6:30pm

20

Lift & Film
2:40-5:30pm

21

OFF

22

Lift 2:40pm
Summer
Practice #7
4:30-6:15pm

23

Lift & Film
2:40-5:00pm

24

OFF

25

OFF

26

4 Way
Scrimmage
@NPHS (8)
4:00-6:30pm

27

Lift & Film
2:40-5:30pm

28

OFF

29

Lift & Condition
2:40-4:40pm

30

OFF