

# JUL2023

SUN

MON

TUE

WED

THU

FRI

SAT

**01**

OFF

**02**

OFF

**03**

MORATORIUM  
WEEK  
OFF

**04**

MORATORIUM  
WEEK  
OFF

**05**

MORATORIUM  
WEEK  
OFF

**06**

MORATORIUM  
WEEK  
OFF

**07**

MORATORIUM  
WEEK  
OFF

**08**

MORATORIUM  
WEEK  
OFF

**09**

OFF

**10**

Lift 2:40pm  
Summer  
Practice #9  
4:30-6:15pm

**11**

Lift & Film  
2:40-5:30pm

**12**

OFF

**13**

Scrimmage  
@Homestead  
HS (10) 4:30-  
6:30pm

**14**

Lift & Film  
2:40-5:30pm

**15**

OFF

**16**

OFF

**17**

Lift 2:40pm  
Summer  
Practice #11  
4:30-6:15pm

**18**

Lift & Film  
2:40-5:30pm

**19**

OFF

**20**

Lift 2:40pm  
Summer  
Practice #12  
4:30-6:15pm

**21**

Lift & Film  
2:40-5:30pm

**22**

**23**

OFF

**24**

Lift & Condition  
2:40-4:30pm

**25**

Lift & Condition  
2:40-4:30pm

**26**

OFF

**27**

Lift & Condition  
2:40-4:30pm

**28**

Lift & Condition  
2:40-4:30pm

**29**

OFF

**30**

OFF

**31**

1<sup>st</sup> Day of  
School  
Practice  
2:50-5:20pm