

## Summer Schedule 09

DATE	EVENT	TIME
June 8 - July 23	Summer Strength and Conditioning Program	6:30 - 8:30am 9:00 - 11:00am Mon.-Thurs
July 6-9	No Summer Strength and Conditioning Program	
Aug. 10	Issue Equipment and Lockers	
	Seniors	8:00 - 8:15
	Juniors	8:15 - 8:30
	Sophomores	8:30 - 8:45
	Freshmen	3:00 - 3:15
Aug. 10	Varsity/JV Workout	9:30 - 2:00pm
	Freshmen Workout	3:30 - 5:30pm
Aug. 11-15	Varsity/JV Workout	8:30 - 2:00pm
Aug 11-14	Freshmen Workout	3:30 - 5:30pm
Aug. 17-19	Varsity/JV Workout	3:30 - 6:00pm
	Freshmen Workout	7:00 - 8:30pm
Aug. 21	AH Scrimmage vs MacArthur	
	JV/Freshmen	TBA
	Varsity	TBA
Aug. 25	School Starts	