

Summer 2018 Strength and Conditioning Master Schedule

	Monday	Tuesday	Wednesday	Thursday
8:00-9:00	Football HS/MS Boys Soccer	Football HS/MS Boys Soccer	Football HS/MS Boys Soccer	Football HS/MS Boys Soccer
9:00-10:00	MS Camp 6-8	Elementary Camp 4-5	MS Camp 6-8	Elementary Camp 4-5
10:00-11:00	HS Girls Open	HS Girls Open	HS Girls Open	HS Girls Open
5:00-6:00		Field Hockey		Field Hockey
6:00-7:00	Coed Open Room	Coed Open Room	Coed Open Room	Coed Open Room