

July 2021

Women's Basketball

"Train like a champion"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul
Summer Moratorium- No practices/workouts June 28- July 4						
Fireworks Sales	Fireworks Sales	Fireworks Sales	Fireworks Sales	Fireworks Sales	Fireworks Sales	Fireworks Sales
4-Jul	5	6	7	8	9	10
	Weights/Agilities 8:30-9:30a Team practice 9:30 -11:00	Weights/Agilities 8:30-9:30a Invidual practice 9:30-11:00	Weights/Agilities 8:30-9:30a Team practice 9:30 -11:00	Weights/Agilities 8:30-9:30a Invidual practice 9:30-11:00		
Fireworks Sales Tent break down						
11	12	13	14	15	16	17
	Weights/Agilities 8:30-9:30a Team practice 9:30 -11:00	Weights/Agilities 8:30-9:30a Invidual practice 9:30-11:00	Weights/Agilities 8:30-9:30a Team practice 9:30 -11:00	Weights/Agilities 8:30-9:30a Invidual practice 9:30-11:00		
18	19	20	21	22	23	24
	Weights/Agilities 8:30-9:30a No team practices- Individual practice by request	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a		
25	26	27	28	29	30	July 31
	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a		
1-Aug	2	3	4	5	6	7
	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a	Weights/Agilities 8:30-9:30a Last day of Weights		