

# July

# 2019

## Schedule

**Industriousness:** There is no substitute for work. Worthwhile results come from hard work and careful planning. **Loyalty:** To yourself and to all those depending upon you. Keep your self-respect. **Alertness:** Be observing constantly. Stay open-minded. Be eager to learn and improve. **Initiative:** Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. **Enthusiasm:** Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. **Self-Control:** Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. **Friendship:** Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. **Cooperation:** With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. **Intentness:** Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. **Confidence:** Respect without fear. May come from being prepared and keeping all things in proper perspective. **Skill:** A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. **Team-Spirit:** A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. **Poise:** Just being yourself. Being at ease in any situation. Never fighting yourself. **Condition:** Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. **Competitive Greatness:** Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Open Gym 5-7pm	2	3	4	5	6
7	8 Open Gym 5-7pm	9	10 Open Gym 5-7pm	11	12	13
14	15 Open Gym 5-7pm	16	17 Open Gym 5-7pm	18	19	20
21	22 Open Gym 5-7pm	23	24 Open Gym 5-7pm	25	26	27
28	29 Camp 4-7pm	30 Camp 4-7pm	31 Camp 4-7pm			

