











# Football

## Weight Training & Activities Schedule

### July 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WTRM 4:00 - 5:30 	2	3 WTRM 4:00 - 5:30 	4 Closed, Dead period	5	6
7	8 Closed, Dead period	9 Closed, Dead period	10 Closed, Dead period	11 Closed, Dead period	12	13
14	15 WTRM 4:00 - 5:30 PL 	16 Y	17 WTRM 4:00 - 5:30 Y 	18 WTRM 4:00 - 5:30 Y 	19 PL Championships	20
21	22 WTRM 4:00 - 5:30 	23	24 WTRM 4:00 - 5:30 	25 WTRM 4:00 - 5:30 	26	27
28	29 WTRM 4:00 - 5:30 	30	31 WTRM 4:00 - 5:30 			

Summer Weight room is closed July 4 - 11 (statepolicy )

July 15 - Passing League at Wakefield

July 19— Passing League Championship in DC.

July 22— JV Passing League at Wakefield

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