













Football Weight Training & Activities Schedule July 2014



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

Summer Weight room is closed July 1—5
July 21—Begin Equipment handout, all papers turn in .

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