

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Dead Week	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week	8
9	10 Kids Camp 5:30-7:30pm	11 Kids Camp 5:30-7:30pm	12 Kids Camp 5:30-7:30pm	13 Kids Camp 5:30-7:30pm	14 Senior Led Training Times TBA	15
16	17 Training on Turf 6:30-8pm	18 Weightlifting 8-9am	19 Training on Turf 6:30-8pm	20 Weightlifting 8-9am	21 Senior Led Training Times TBA	22 WMU Team Camp
23 WMU Team Camp	24 WMU Team Camp	25 WMU Team Camp Weightlifting 8-9am	26 WMU Team Camp	27 Weightlifting 8-9am	28 Senior Led Training Times TBA	29
30	31 Dead Week					

***WEIGHTLIFTING TIMES ARE
SUBJECT TO CHANGE***

Kids Camp

This is our summer camp held by both boys and girls programs. We will need all athletes that are in town at this camp. We had 140 kids there last year. **On Tues/Thurs we will hold lifting sessions from 8-9am**

WMU Team Camp

Held at WMU Seeyle Center/Waldo Stadium. It is an optional camp but highly recommended.