

July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sports Physicals are due	2
3	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week	8 Dead Week	9
10	11 Team Green Day 10:00am-12:00pm	12 Weight Lifting 10:00am-12:00pm	13 Team Green Day 10:00am-12:00pm	14 Weight Lifting 10:00am-12:00pm	15 Freshmen Intro Lifting 11:00am – 12:30 pm	16 Roy Rogers Car Wash & Spirit Day
17	18 Team Green Day 10:00am-12:00pm	19 Weight Lifting 10:00am-12:00pm	20 Team Green Day 10:00am-12:00pm	21 Weight Lifting 10:00am-12:00pm	22 Freshmen Intro Lifting 11:00am – 12:30 pm	23
24	25	26 Weight Lifting & Conditioning	27	28 Weight Lifting & Conditioning	29 Freshmen Intro Lifting 11:00am – 12:30 pm	30
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