

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 Break	25 Break	26 Break	27 Strength/Speed/Agility 7-12 Girls 10:30-11:45am 7-12 Boys 12:00-1:00pm	28	29
30	31 Strength/Speed/Agility 7-12 Girls 10:30-11:45am 7-12 Boys 12:00-1:00pm	1	2 Strength/Speed/Agility 7-12 Girls 10:30-11:45am 7-12 Boys 12:00-1:00pm	3	4 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	5
6	7 Strength/Speed/Agility 7-12 HS Girls 6am-7am 7-12 HS Boys 7am-8am 7-12 Out of season 3:30pm - 5:15pm	8	9 Strength/Speed/Agility 7-8 B/G 6:45am-7:45am In season HS BBB 3:30-4:20 HS GBB 5:10-5:50	10 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	11 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	12
13	14 Strength/Speed/Agility 7-12 HS Girls 6am-7am 7-12 HS Boys 7am-8am 7-12 Out of season 3:30pm - 5:15pm	15	16 Strength/Speed/Agility 7-8 B/G 6:45am-7:45am In season HS BBB 3:30-4:20 HS GBB 5:10-5:50	17 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	18 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	19
20	21 Strength/Speed/Agility 7-12 HS Girls 6am-7am 7-12 HS Boys 7am-8am 7-12 Out of season 3:30pm - 5:15pm	22	23 Late Start 7-8 B/G 9am-10am In season HS BBB 3:30-4:20 HS GBB 5:10-5:50 HS GBB 5:10-5:50	24 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	25 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	26
27	28 Strength/Speed/Agility 7-12 HS Girls 6am-7am 7-12 HS Boys 7am-8am 7-12 Out of season 3:30pm - 5:15pm	29	30 Strength/Speed/Agility 7-8 B/G 6:45am-7:45am In season HS BBB 3:30-4:20 HS GBB 5:10-5:50	31 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	1 Strength/Speed/Agility 7-12 Out of season 3:30pm - 5:15pm	2