

2018

CALENDAR YEAR

JULY

CALENDAR MONTH



SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Weight Room 8:00-9:30AM	03 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	04 Holiday No Football	05 Weight Room 8-9:30AM Speed Training 9:30-10:30AM Varsity Practice 6:00-7:30PM	06 Weight Room 8:00-9:30AM	07
08	09 Weight Room 8:00-9:30AM	10 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	11 Weight Room 8-9:30AM Varsity Practice 6:00-7:30PM	12 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	13 Weight Room 8:00-9:30AM	14
15	16 Weight Room 8:00-9:30AM	17 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	18 Weight Room 8-9:30AM Varsity Practice 6:00-7:30PM	19 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	20 Weight Room 8:00-9:30AM	21
22	23 Weight Room 8:00-9:30AM	24 7 on 7 @Lancaster 8:00-3:00PM	25 Weight Room 8-9:30AM LIONS ALL STAR GAME 7:00PM @ WILL SOUTH Yianni Hallios and Jacob	26 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	27 Weight Room 8:00-9:30AM	28
29	30 Weight Room 8:00-9:30AM	31 Weight Room 8-9:30AM Speed Training 9:30-10:30AM	01	02	03	04
05	06	07	08	09	10	11