

July 2023

June '23							August '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 JULY 4TH HOLIDAY	4 REST	5 REST	6 REST	7 REST	8
9	10 WORK-OUT PLAN 10 MINUTE JOG	11 WORK-OUT PLAN 10 MINUTE JOG	12 WORK-OUT PLAN 10 MINUTE JOG	13 WORK-OUT PLAN 10 MINUTE JOG	14 REST	15
16	17 WORK-OUT PLAN 15 MINUTE JOG	18 WORK-OUT PLAN 15 MINUTE JOG	19 WORK-OUT PLAN 15 MINUTE JOG	20 WORK-OUT PLAN 15 MINUTE JOG	21 REST	22
23	24 WORK-OUT PLAN 20 MINUTE JOG	25 WORK-OUT 20 MINUTE JOG	26 WORK-OUT PLAN 20 MINUTE JOG	27 WORK-OUT PLAN 20 MINUTE JOG	28 REST	29
30	31	Notes WARM-UP: SLOW 400 METER JOG(1 TIME AROUND TRACK) & DYNAMIC STRETCHING(HIGH KNEE & BUTT KICKS, KAROKEE, SPIDERMAN, LEG CRA WORK-OUT PLAN: Perform each exercise for 20 seconds with no rest between sets. Repeat the circuit two times. Note that all of the exercises are performed with only your body weight. 1. JUMPING JACKS 2. SQUATS 3. PUSH-UPS 4. CRUNCHES 5. PLANKS 6. JUMP ROPE (IF YOU HAV *MAKE SURE TO HYDRATE BEFORE, DURING, & AFTER YOUR V				

August 2023

July '23							September '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 WORK-OUT PLAN 25 MINUTE JOG	1 WORK-OUT PLAN 25 MINUTE JOG	2 WORK-OUT PLAN 25 MINUTE JOG	3 WORK-OUT PLAN 25 MINUTE JOG	4 REST	5
6	7 TRYOUTS DAY #1 TBD	8 TRYOUTS DAY #2 TBD	9 TRYOUTS DAY #3 TBD	10 1ST DAY OF SCHOOL PRACTICE AFTER SCHOOL 4-6PM	11 PRACTICE AFTER SCHOOL 4-6PM	12
13	14 PRACTICE AFTER SCHOOL 4-6PM	15 PRACTICE AFTER SCHOOL 4-6PM	16 PRACTICE AFTER SCHOOL 4-6PM	17 PRACTICE AFTER SCHOOL 4-6PM	18 PRACTICE AFTER SCHOOL 4-6PM	19
20	21 PRACTICE AFTER SCHOOL 4-6PM	22 PRACTICE AFTER SCHOOL 4-6PM	23 FIRST GAME HOME VERSE J.N.FRIES	24 PRACTICE AFTER SCHOOL 4-6PM	25 PRACTICE AFTER SCHOOL 4-6PM	26
27	28 PRACTICE AFTER SCHOOL 4-6PM	29 PRACTICE AFTER SCHOOL 4-6PM	30 PRACTICE AFTER SCHOOL 4-6PM	31 PRACTICE AFTER SCHOOL 4-6PM	1	2
3	4	Notes WARM-UP: SLOW 400 METER JOG(1 TIME AROUND TRACK) & DYNAMIC STRETCHING(HIGH KNEE & BUTT KICKS, KAROKEE, SPIDERMAN, LEG CRAI WORK-OUT PLAN: Perform each exercise for 20 seconds with no rest between sets. Repeat the circuit two times. Note that all of the exercises are performed with only your body weight. 1. JUMPING JACKS 2. SQUATS 3. PUSH-UPS 4. CRUNCHES 5. PLANKS 6. JUMP ROPE (IF YOU HA' *MAKE SURE TO HYDRATE BEFORE, DURING, & AFTER YOUR V				