

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO Contact	2 NO Contact	3 NO Contact	4 NO Contact	5 NO Contact	6 NO Contact
7 NO Contact	8 Conditioning 7:30-10:30 gym TBA	9 <u>COACHING DAY</u> <u>7:30-10:30 Gym</u> <u>TBA</u>	10 <u>COACHING DAY</u> <u>7:30-10:30 Gym</u> <u>TBA</u>	11 Conditioning 7:30-10:30 gym TBA	12 OFF	13 OFF
14 OFF	15 <u>CINCY TRIP/COACHING DAY 7:30-9:30 @MS</u>	16 <u>CINCY TRIP/COACHING DAY 7:30-9:30 @MS</u>	17 <u>CINCY TRIP/COACHING DAY 7:30-9:30 @MS</u>	18 Conditioning 7:30-10:30 gym TBA	19 OFF	20 OFF
21 OFF	22 Conditioning 7:30-10:30 @IVHS	23 <u>COACHING DAY @IVHS</u> <u>7:30-10:30</u>	24 Conditioning 7:30-10:30 @IVHS	25 <u>COACHING DAY @IVHS</u> <u>7:30-10:30</u>	26 OFF	27 OFF
28 OFF	29 Conditioning 7:30-10:30 @IVHS	30 <u>COACHING DAY @IVHS</u> <u>7:30-10:30</u>	31 Conditioning 7:30-10:30 @IVHS	1 <u>FIRST DAY OF MANDATORY PRACTICE @IVHS</u>		

EVENTS

Important dates

No contact 1-7
Cincy trip 15-17
Coaching Days- 15, 16, 17, 23, 25, 30

Important reminders

Physicals and paperwork due **August 1**
TBA announced which building we will be at the week of 8th and 15th.

Important reminders

****Coaching days are taking the place of team camp and it is highly encouraged for you to be present on those days.**