**Varsity/JV Summer Workout Calendar**

**JUNE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1** | **2** | **3** | **4** | **5** |
| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| **27** | **28**  Summer Workouts 9-12 | **29**  Summer Workouts 9-12 | **30**  Summer Workouts 9-12 |  |  |  |

**JULY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | **1** | **2** | **3** |
| **4** | **5**  Summer Workouts 9-12 | **6**  Summer Workouts 9-12 | **7**  Summer Workouts 9-12 | **8**  Summer Workouts 9-12 | **9**  Summer Workouts 9-12 | **10** |
| **11** | **12**  Summer Workouts 9-12 | **13**  Summer Workouts 9-12 | **14**  Summer Workouts 9-12 | **15**  UNA Team Camp | **16**  UNA Team Camp | **17**  UNA Team Camp |
| **18** | **19**  All Star Week-No Workouts | **20**  All Star Week-No Workouts | **21**  All Star Week-No Workouts | **22**  All Star Week-No Workouts | **23**  All Star Week-No Workouts | **24** |
| **25** | **26**  Summer Workouts 9-12 | **27**  Summer Workouts 9-12 | **28**  Summer Workouts 9-12 | **29**  Summer Workouts 9-12 | **30**  Summer Workouts 9-12 | **31** |