

# 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 Moratorium	4 Moratorium	5 Moratorium	6 Moratorium	7 Moratorium	8 Moratorium
9 Moratorium	10 Girls Weights 8:00-9:00 HVB 9:15-10:30 MSGBB 8-9 A.M. Workouts HS Football Camp 7-9 P.M. HS Boys Weights 6-7 A.M	11 Girls Weights 8:00-9:00 HVB 9:15-10:30 MSGBB 8-9 A.M. Workouts HS Football Camp 7-9 P.M.	12 HS Football Camp 7-9 P.M. HS Boys Weights 6-7 A.M	13 Girls Weights 8:00-9:00 HVB 9:15-10:30 MSGBB 8-9 A.M. Workouts HS Football Camp 7-9 P.M. HS Boys Weights 6-7 A.M	14	15
16	17 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players  HS Boys Weights 6-7 A.M	18 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players	19  HS Boys Weights 6-7 A.M	20 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players  HS Boys Weights 6-7 A.M	21	22
23	24 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players  HS Boys Weights 6-7 A.M	25 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players	26  HS Boys Weights 6-7 A.M	27 Girls Weights 8:00-9:00 HVB 9:15-10:30- 4 Players  HS Boys Weights 6-7 A.M	28	29
30	31 HS Boys Weights 6-7 A.M	Notes				