

# JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		<b>Weights and Conditioning ALL 3:45- 6:30</b>	<b>HALF-DAY Weights and Conditioning 12-2</b>	<b>HALF-DAY Weights and Conditioning 12-2</b>	<b>OL CAMP @ STALL in AM 8-12</b>	
5	6	7	8	9	10	11
	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 <b>TEAM Practice 9:15-10:45 AM</b> PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 <b>TEAM NIGHT 6:15-7:45</b>	<b>OL Training @ STALL TBA 9-10</b>	
12	13	14	15	16	17	18
	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 <b>TEAM Practice 9:15-10:45 AM</b> PM 6-8 Session 2	<b>Passing League @ CC</b> Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 <b>TEAM NIGHT 6:15-7:45</b>	<b>OL training @ STALL TBA 9-10</b>	
19	20	21	22	23	24	25
	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 <b>TEAM Practice 9:15-10:45 AM</b> PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 <b>TEAM NIGHT 6:15-7:45</b> <b>Passing League at Baptist hill 6pm</b>	<b>OL CAMP @ STALL IN AM 8-12</b>	
26	26	27	28	29	30	
	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 <b>TEAM Practice 9:15-10:45 AM</b> PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 <b>TEAM NIGHT 6:15-7:45</b>	<b>Cane Bay 7v7 10-12</b>  <b>OL training @ STALL TBA 9-10</b>	

# JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OL training @ STALL TBA 9-10	2
3	4 NO WEIGHTS	5 NO WEIGHTS	6 NO WEIGHTS	7 NO WEIGHTS	8 OL training @ STALL TBA 9-10	9
10	11 Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	12 Weights/Conditioning AM 8-11 Session 1 TEAM Practice 9:15- 10:45 AM PM 6-8 Session 2	13 Passing League @ Colleton County Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	14 Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 TEAM NIGHT 6:15- 7:45 PM	15 OL CAMP @ STALL IN AM 8-12	16
17	18 Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	19 Weights/Conditioning AM 8-11 Session 1 TEAM Practice 9:15- 10:45 AM TEAM Practice 9:15- 10:45 AM PM 6-8 Session 2	20 Weights/Conditioning AM 8-11 Session 1 PM 6-8 Session 2	21 Weights/Conditioning AM 8-11 Session 1 PM 5-6 Session 2 TEAM NIGHT 6:15- 7:45	22	23
24/31 SCHSL CLINIC DEAD WEEK	25 SCHSL CLINIC DEAD WEEK	26 SCHSL CLINIC DEAD WEEK	27 SCHSL CLINIC DEAD WEEK	28 COACHES WORK DAY DEAD WEEK	29 1st day of Practice Helmets	30 2nd Day of practice Helmets