

August 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 LIFT	3
4	5 LIFT	6 YOUTH CAMP 9-11 AM OPEN GYM 11-12	7 LIFT YOUTH CAMP 9-11 AM OPEH GYM 11-12	8	9 LIFT TEAM PAINT ACTIVITY EDGY MEG'S 1:00	10
11	12 FIRST DAY OF PRACTICE REQUIRED TEAM LIFTING 7:00AM PRACTICE 4-6:30 PARENT MEETING TO FOLLOW PRACTICE 6:45	13 PRACTICE 8-11	14 TEAM LIFTING 7:00AM PRACTICE 8-10:30	15 PRACTICE 8-11	16 TEAM LIFTING 7:00 AM PRACTICE 8-10:30 HELP W/ JH CAMP 3-5 PM	17 HELP W/ JH CAMP 8-10 AM
18	19 LIFT 6-7-REQUIRED PRACTICE AFTER INSERVICE 3:00-6:00	20 TEAM PICTURES 2:30 MONTICELLO SCRIMMAGE VARSITY AND JV LEAVE 3:45 FS Practice 3:00-5:00	21 LIFT 6-7-REQUIRED PRACTICE AFTER INSERVICE 3:00-6:00	22 LIFT 6-7-REQUIRED NO PRACTICE REST AND BE READY FOR SCHOOL	23 FIRST DAY OF SCHOOL PRACTICE AFTER SCHOOL 3:25-5:45	24 VARSITY SCRIMMAGE AT CASCADE 8:00 AM-2PM
25	26 LIFT 6-7-REQUIRED PRACTICE AFTER SCHOOL-5:45	27 PRACTICE AFTER SCHOOL-5:45 JV @ CPU	28 LIFT 6-7-REQUIRED PRACTICE AFTER SCHOOL TO 5:45	29 PRACTICE AFTER SCHOOL TO 5:45	30 LIFT 6-7-REQUIRED PRACTICE AFTER SCHOOL TO 5:45	31 EASTON VALLEY TOURNEY LEAVE 6:40
1	2	Notes				