

2018 Girls Summer Lifting & Skills Schedule

	MONDAY Fall Day	TUESDAY Winter Day	WEDNESDAY Fall Day	THURSDAY Winter Day	FRIDAY Day Off
Week 1 May 29- June 1st	Memorial Day- OFF	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 2 June 4-8th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 3 June 11-15th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 4 June 18-22nd	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 5 June 25-29th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 6 June 30-July 3rd	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	4th of July- OFF	OFF	

	MONDAY Fall Day	TUESDAY Winter Day	WEDNESDAY Fall Day	THURSDAY Winter Day	FRIDAY Day Off
Week 7 July 6-10th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 8 July 16-20th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 9 July 23-27th	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	7:30am- Girls Lift 5:30pm- Girls Lift 6:45pm- Girls Skills	
Week 10 July 30-August 3rd	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	
Week 11 August 6th-10th	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	7:30am- Girls Lift 5:30pm- Girls Lift	

Skills sessions are an opportunity for sport coaches to offer an open gym, open mat, passing leagues, etc. THEY MAY NOT MEET EVERY LISTED SESSION

Mondays and Wednesdays skills are for Volleyball/Football/Cross Country/Golf see sport coach for details

Tuesdays and Thursdays skills are for Basketball/Wrestling see sport coach for details

Students expected to lift 4 days per week

Camp times/dates will overlap these sessions

2018 Boys Summer Lifting & Skills Schedule

	MONDAY Fall Day	TUESDAY Winter Day	WEDNESDAY Fall Day	THURSDAY Winter Day	FRIDAY Day Off
Week 1 May 29- June 1st	Memorial Day- OFF	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	
Week 2 June 4-8th	6:30am- Boys Lift 5:00pm- Basketball 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	
Week 3 June 11-15th	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	
Week 4 June 18-22nd	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	
Week 5 June 25-29th	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	6:30am- Boys Lift 5:30pm- Boys Skills 6:45pm- Boys Lift	
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Week 11 August 6th-10th	6:30am- Boys Lift 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	6:30am- Boys Lift 6:45pm- Boys Lift	

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Mondays and Wednesdays skills are for Volleyball/Football/Cross Country/Golf see sport coach for details

Tuesdays and Thursdays skills are for Basketball/Wrestling see sport coach for details

Students expected to lift 4 days per week

Camp times/dates will overlap these sessions

2018 Middle School Summer Lifting Schedule

	MONDAY Fall Day	TUESDAY Winter Day	WEDNESDAY Fall Day	THURSDAY Winter Day	FRIDAY Day Off
7u7	Memorial Day- OFF	OFF	OFF	OFF	OFF
Week 2 June 4-8th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 3 June 11-15th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 4 June 18-22nd	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 5 June 25-29th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 6 June 30-July 3rd	7:00-8:30am	7:00-8:30am	4th of July- OFF	OFF	OFF
Week 7 July 6-10th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 8 July 16-20th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 9 July 23-27th	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF
Week 10 July 30-August 3rd	7:00-8:30am	7:00-8:30am	OFF	7:00-8:30am	OFF

***All sessions at THS for 2018-2019 6th-8th graders. All sessions welcome to boys and girls.**