

	Day	Conditioning Program	Time	Coach
June			SHARP!	
15	Monday	Distance/Cross Country Run on own		None
16	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
17	Wednesday	Rest		
18	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Gardner
19	Friday	Contact Day - Turf	8:00 – 11:30	Sutton/Gardner
22	Monday	Distance/Cross Country Run on own		None
23	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
24	Wednesday	Rest		
25	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
26	Friday	Nothing Scheduled		
29	Monday	Distance/Cross Country Run on own		None
30	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Greg?/Gardner
July				
1	Wednesday			
2	Thursday			
3	Friday			
6	Monday	Distance/Cross Country Run on own		None
7	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
8	Wednesday	Rest		
9	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Gardner
10	Friday	Contact Day - Turf	8:00 – 11:30	Gardner
13	Monday	Distance/Cross Country Run on own		None
14	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
15	Wednesday	Rest		
16	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
17	Friday	Contact Day - Turf	8:00 – 11:30	Sutton/Gardner
20	Monday	Distance/Cross Country Run on own		None
21	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
22	Wednesday	Rest		
23	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
24	Friday	Contact Day - Turf	8:00 – 11:30	Sutton/Gardner
27	Monday	Distance/Cross Country Run on own		None
28	Tuesday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
29	Wednesday	Rest		
30	Thursday	Training/Weight room program-H.S.	8:00 – 10:30	Sutton/Gardner
31	Friday	Contact Day - Turf	8:00 – 11:30	Sutton/Gardner

Note: Participants MUST be on time in order to take part in this program!