

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Conditioning @ 8 – 9 Milan Black Summer League @9-11	20 Milan Red @6:40 Milan Black @7:50	21 Conditioning @ 8 – 9 Open Gym @ 9 – 10	22 Conditioning @ 8 – 9 Open Gym @ 9 – 10	23	24
25 At the Middle School this week!	26 Conditioning @ 8 – 9 Milan Black Summer League @9-11	27 Milan Black @ 7:50 Milan Red @ 9 pm	28 Conditioning @ 8 – 9 Open Gym @ 9 - 10	29 Conditioning @ 8 – 9 Open Gym @ 9 - 10	30	JULY 1 Dead Week Keep moving! ☺

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <u>Complete the 3 workouts this week</u>	3 Dead Week	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week	8 Dead Week
9 Back at the High School this week!	10 Conditioning @ 7:30-8:30 HS In-House Camp @ 8 – 11 am Milan Red Practice @ 5:30 – 7:30	11 HS In-House Camp @ 8 – 11 am Milan Red @ 6:40 Milan Black @ 7:50	12 Conditioning @ 7:30-8:30 HS In-House Camp @ 8 – 11 am NO Open Gym	13 Conditioning @ 8 – 9 Open Gym @ 9 - 10	14	15 Need to get your physical done? Now is the time!
16 Need to get your physical done? Do IT!	17 Conditioning @ 8 – 9 am Milan Black Practice @ 9 – 11 am Milan Red Practice @ 5:30 – 7:30 MS In-House Camp @ 5 – 8 pm	18 No Red or Black Games MS In-House Camp @ 5 – 8 pm	19 Conditioning @ 8 – 9 am Open Gym @ 9 – 10 am MS In-House Camp @ 5 – 8 pm	20 Conditioning @ 8 – 9 am Open Gym @ 9 – 10 am UM Team Camp	21 UM Team Camp	22 UM Team Camp
23	24 Conditioning @ 8 – 9 am Milan Black Practice @ 9 – 11 am Milan Red Practice @ 5:30 – 7:30 pm	25 Milan Red @ 5:30 Milan Black @ 7:50	26 Conditioning @ 8 – 9 am Open Gym @ 9 – 10 am	27 Conditioning @ 8 – 9 am Open Gym @ 9 – 10 am	28 Need to get your physical done? Do it!	29 Need to get your physical done? Do it!

August

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Conditioning @ 8 – 9 am	Aug 1 Need physical done? DO IT!	2 Conditioning @ 8 – 9 am	3 Conditioning @ 8 – 9 am	4 NEED ALL PAPERWORK in by Wednesday!! (physical/medical consent)	5 NEED ALL PAPERWORK in by Wednesday!! (physical/medical consent)
6	7 Conditioning @ 8 – 9 am	8 Bring PHYSICAL/MED CONSENT tomorrow!	9 HS Tryouts @8 – 11 am MS Tryouts @ 6 – 8 pm	10 HS Tryouts @8 – 11 am MS Tryouts @ 6 – 8 pm	11 HS Tryouts @8 – 11 am MS Tryouts @ 6 – 8 pm	12 HS Team Bonding @ 11 am
131	14 Conditioning @ 8 – 9 am Varsity Practice @ 9 – 11 Frosh @TBD JV @ 5:30 – 7:30	15 Conditioning @ 8 – 9 am Varsity Practice @ 9-11 JV @ 5:30-7:30 Frosh TBD All HS Parent Meeting @ 7:30 pm	16 Conditioning @ 8 – 9 am Varsity Practice @ 9-11 JV @ 5:30-7:30 Frosh TBD All MS Parent Meeting @ 7 pm	17 Conditioning @ 8 – 9 am Varsity Practice @ 9-11 JV @ 5:30-7:30 Frosh TBD	18 Varsity Practice @ 9-11 JV @ 5:30-7:30 Frosh TBD	19 Frosh Tourney @ Mt Morris JV Tourney @ Skyline Varsity Tourney @ Adrian
20	21 Conditioning @ 5-6 pm Varsity Practice @6-8 pm Frosh @TBD JV @ 5:30 – 7:30	22 Conditioning @5-6 pm Varsity Practice @6-8 pm Frosh @TBD JV @ 5:30 – 7:30	23 Conditioning @ 8 – 9 am Varsity Practice @ 9 – 11 Frosh @TBD JV @ 5:30 – 7:30	24 Conditioning @ 8 – 9 am Varsity Practice @ 9 – 11 Frosh @TBD JV @ 5:30 – 7:30	25 Varsity Practice @ 9 – 11 Frosh @TBD JV @ 5:30 – 7:30	26 Varsity Tourney @ Brighton
27	28 Varsity Tourney @ Greenhills	29 Practice times TBD	30 Practice times TBD	31 Practice times TBD	SEPT 1 No Practice	2