

# Lady Bulldog Summer Workout Schedule

MAY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



JULY						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Dates	EVENT
June 5-9	Week 1 (9:00-10:30)
June 12-15	Week 2 (9:00-10:30)
June 19-22	Week 3 (9:00-10:30)
June 26-29	Week 4 (9:00-10:30)
July 3-6	Off Week
July 10-13	Week 5 (9:00-10:30)
July 17-20	Week 6 (9:00-10:30)

AUGUST						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Important Dates

- May 24 Physical Night @ 5:30
- June 19-21 Little Dogs Basketball Camp
- July 17-20 XC Camp
- July 31 XC Season Starts
- August 1 Volleyball Starts
- Mom-Wed Open Gym  
10:30-12:00

## Important Things To Know

1. Hold YOURSELF accountable
2. Hold each other accountable
3. Bring WATER with you
4. Don't be afraid to be great.

