

## 2022 Girls Fort Scott High School Summer Conditioning Calendar

# JUNE, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*Testing Week for*</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->		<b>May 31st:</b>  1st Day of Summer Conditioning 8:30-9:45	<b>1</b>  Testing Week continues 8:30-9:45	<b>2</b>  Testing Week continues 8:30-9:45	<b>3</b>	<b>4</b>
<b>WEEK 1 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>6</b>  CONDITIONING 8:30AM-9:45AM	<b>7</b>  CONDITIONING 8:30AM-9:45AM	<b>8</b>  CONDITIONING 8:30AM-9:45AM	<b>9</b>  CONDITIONING 8:30AM-9:45AM	<b>10</b>	<b>11</b>
<b>WEEK 2 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>13</b>  CONDITIONING 8:30AM-9:45AM	<b>14</b>  CONDITIONING 8:30AM-9:45AM	<b>15</b>  CONDITIONING 8:30AM-9:45AM	<b>16</b>  CONDITIONING 8:30AM-9:45AM	<b>17</b>	<b>18</b>
<b>WEEK 3 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>20</b>  CONDITIONING 8:30AM-9:45AM	<b>21</b>  CONDITIONING 8:30AM-9:45AM	<b>22</b>  CONDITIONING 8:30AM-9:45AM	<b>23</b>  CONDITIONING 8:30AM-9:45AM	<b>24</b>	<b>25</b>
<b>WEEK 4 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>27</b>  CONDITIONING 8:30AM-9:45AM	<b>28</b>  CONDITIONING 8:30AM-9:45AM	<b>29</b>  CONDITIONING 8:30AM-9:45AM	<b>30</b>  CONDITIONING 8:30AM-9:45AM	<b>WEEK OF JULY 4TH IS</b> <b>KSHSAA SUMMER</b> <b>MORATORIUM:</b> <b>NO ATHLETIC ACTIVITIES!</b>	

# JULY, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>JULY 4th - 10th is KSHSAA SUMMER MORATORIUM: NO ATHLETIC ACTIVITIES; NO SUMMER CONDITIONING!</b>						
<b>10</b> <b>WEEK 5 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>11</b> CONDITIONING 8:30AM-9:45AM	<b>12</b> CONDITIONING 8:30AM-9:45AM	<b>13</b> CONDITIONING 8:30AM-9:45AM	<b>14</b> CONDITIONING 8:30AM-9:45AM	<b>15</b>	<b>16</b>
<b>17</b> <b>WEEK 6 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>18</b> CONDITIONING 8:30AM-9:45AM	<b>19</b> CONDITIONING 8:30AM-9:45AM	<b>20</b> CONDITIONING 8:30AM-9:45AM	<b>21</b> CONDITIONING 8:30AM-9:45AM	<b>22</b>	<b>23</b>
<b>24</b> <b>WEEK 7 OF</b> <b>SUMMER</b> <b>CONDITIONING</b> -->-->-->-->-->	<b>25</b> CONDITIONING 8:30AM-9:45AM	<b>26</b> CONDITIONING 8:30AM-9:45AM	<b>27</b> CONDITIONING 8:30AM-9:45AM	<b>28</b> CONDITIONING 8:30AM-9:45AM	<b>29</b>	<b>30</b>
<b>31</b>						

**2022 Grils Fort Scott High School Summer Conditioning Calendar**

# AUGUST, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 8 OF SUMMER CONDITIONING</b> -->-->-->-->-->	<b>1</b>  <b>CONDITIONING</b> 8:30AM-9:45AM	<b>2</b>  <b>CONDITIONING</b> 8:30AM-9:45AM	<b>3</b>  <b>CONDITIONING</b> 8:30AM-9:45AM	<b>4</b>  <b>CONDITIONING</b> 8:30AM-9:45AM	<b>5</b>	<b>6</b>
<b>*Testing Week for* SUMMER CONDITIONING (Lets see what Gains we made!!!)</b> -->-->-->-->-->	<b>8</b>  Testing Week continues 8:30AM-9:45AM	<b>9</b>  Testing Week continues 8:30AM-9:45AM	<b>10</b>  Testing Week continues 8:30AM-9:45AM	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Fall Sports Begin	<b>16</b>	<b>17</b>	<b>18</b>  <b>FIRST DAY OF THE 2022-23 SCHOOL YEAR!</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			