

HB

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 workouts	3 workouts	4 Workouts COMPLEX	5 workouts	6 7:00 am competition groups winner -team YELLOW breakfast Grey too Practice review 2:35	7
8	9 SPRING PRACTICE #1 Lift first	10 SPRING PRACTICE #2 Watch film	11 MAKE UP DAY IF NEEDED FULL LIFT DAY	12 SPRING PRACTICE #3 Meetings	13 SPRING PRACTICE #4 Lift first	14
15	16 SPRING PRACTICE #5 Lift first	17 SPRING PRACTICE #6 Watch film	18 MAKE UP DAY IF NEEDED FULL LIFT DAY	19 SPRING PRACTICE #7 Meetings	20 SPRING PRACTICE #8 Lift first	21
22	23 SPRING PRACTICE #9 Lift first	24 SPRING PRACTICE #10 Watch film	25 LAST DAY OF SCHOOL SPRING PRACTICE (MAKE UP IF NEEDED)	26 Meet with position coaches	27 Meet with position coaches	28
29	30 MEMORIAL DAY	31 Workout #1 7:30- 9:30 am	Doors lock @ 7:30 am			

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>HIGH SCHOOL: REMEMBER THE DOORS LOCK @ 7:30 am for lifting</p>		<p>1 7:00 bus leaves – GHS team camp 2:30 return 7:30 lift group JH run thru 9:30-11:30</p>	<p>2 7:30-9:30 am HS lift groups JH run thru's 9:30-11:30</p>	<p>3</p>	<p>4</p>
5	<p>6 7:30-9:30 lift groups JH 9:30-11:30 5:30-7pm 7 on 7 league @ RHS</p>	<p>7 7:30-9:30 lift groups JH 9:30-11:30</p>	<p>8 7:30-9:30 lift groups JH 9:30-11:30</p>	<p>9 7:30-9:30 lift groups JH 9:30-11:30 7 on 7 journey @ Greenbrier</p>	<p>10</p>	<p>11</p>
12	<p>13 7:30-9:30 lift groups JK team camp @ GHS Bus leaves @ 7:00 am 5:30-7pm 7 on 7 league @ RHS</p>	<p>14 7:30-9:30 lift groups JH 9:30-11:30</p>	<p>15 7:30-8:30 lift group RHS BIG SCHOOL TEAM CAMP 9:30- 1:30</p>	<p>16 7:30-8:30 lift group RHS/JV SMALL SCHOOL TEAM CAMP 9:30-1:30 Night w/ Nutt 6-8:30</p>	<p>17 RHS 7 ON 7 journey start @ 10 End - ? 4-5</p>	<p>18</p>
19	<p>20 7:30-9:30 lift groups JK team camp @ Alma Bus leaves @ 7:00 am 5:30-7pm 7 on 7 league @ RHS</p>	<p>21 7:30-9:30 lift groups JH 9:30-11:30</p>	<p>22 7:30-9:30 lift groups JH 9:30-11:30</p>	<p>23 6:45 am ~ buses leave for team camp @ Rogers 3:00 return</p>	<p>24 DEAD PERIOD BEGINS</p>	<p>25</p>
26	<p>27 DEAD PERIOD</p>	<p>28 DEAD PERIOD</p>	<p>29 DEAD PERIOD</p>	<p>30 DEAD PERIOD</p>		

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DEAD PERIOD	2 DEAD PERIOD
3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD	9 DEAD PERIOD
10 DEAD PERIOD	11	12	13	14	15	16
	7:30-8:30 LIFT 8:35-9:30 30' S/the hill JH LIFT 9:30-11:30 MS practice 11:30-12:30 5:30-7 pm 7 on 7 league @ RHS	7:30-8:30 LIFT 8:35-9:30 devils quadrangle/perfect sprints JH LIFT 9:30-11:30	7:30-8:30 LIFT Complex/stadium stairs	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30	MAKE UP DAY 7:30-9	MAKE UP DAY 7:30-9
17	18	19	20	21	22	23
	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30 5:30-7 pm 7 on 7 league @ RHS	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30	7:30-8:30 LIFT	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30	MAKE UP DAY 7:30-9	MAKE UP DAY 7:30-9
24	25	26	27	28	29	30
	7:30-8:30 LIFT 8:35-9:30 JH TEAM CAMP @RHS 9:00- 11:00 MS 11:30-12:30 5:30-7 pm 7 on 7 league @ RHS	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30	7:30-8:30 LIFT	7:30-8:30 LIFT 8:35-9:30 JH LIFT 9:30-11:30	MAKE UP DAY 7:30-9	MAKE UP DAY 7:30-9
31						

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice # 1 JH @ 7:30-9:00 am MS @ 4:00-5:30 Varsity @ 5:30-7:30 pm	2 Practice # 2 JH @ 7:30-9:00 am MS @ 4:00-5:30 Varsity @ 5:30-7:30 pm	3 Practice # 3 JH @ 7:30-9:00 am MS @ 4:00-5:30 Varsity @ 5:30-7:30 pm	4 Practice # 4 JH @ 7:30-9:00 am MS @ 4:00-5:30 Varsity @ 5:30-7:30 pm	5 Practice # 5 JH @ 7:30-9:00 am MS @ 4:00-5:30 Varsity @ 5:30-7:30 pm	6
7	8 Practice # 6 JH @ TBA MS @ TBA Varsity @ 5:30-7:30 pm	9 Practice # 7 JH @ TBA MS @ TBA Varsity @ 5:30-7:30 pm	10 Practice # 8 JH @ TBA MS @ TBA Varsity @ 5:30-7:30 pm	11 Practice # 9 JH @ TBA MS @ TBA Varsity @ 5:30-7:30 pm	12 Practice # 10 JH @ TBA MS @ TBA Varsity @ 5:30-7:30 pm	13 MEDIA DAY -field 8:00 am - 12 All levels
14	15 16 V benefit game @ Cabot 6:00	17 Film/ lift	18 practice # 6 Morrilton JH vs Harrison (H) 5:30/ 7:00	19 Practice # 1 Morrilton	20 Practice # 2 Morrilton	27
21	22 V practice #3 Morrilton	23 Group meet Practice #4 Morrilton	24 Lift/practice #5 Morrilton	25 Lift/practice Morrilton	26 V @ Morrilton 7:00	
28 V meet @ 2:00	29 V practice MS @ Poltsville 5:00	30 Group meet Practice	31 Lift/practice			