

## Summer General Overview:

- 7:00 am – 8:00 am HS Weights Session (Boys)
- 8:15 am – 9:15 am HS Weights Session (Girls)
- 9:30 am – 10:30 am MS Weights Session
  - Monday & Wednesday (Boys)
  - Tuesday & Thursday (Girls)
- Conditioning Takes Place During Sport Specific Activity
- High School Lift-A-Thon Fundraiser
  - Money raised goes back into Weights Program



## Opportunities to Improve

- Phase 1: May 24<sup>th</sup> - June 24<sup>th</sup>
  - High School: 4 Days a Week for 5 Weeks = 20 Days
  - Middle School: 2 Days a Week for 5 Weeks = 10 Days
- Phase 2: July 5<sup>th</sup>- August 12<sup>th</sup>
  - High School: 3 Days a Week for 6 Weeks = 18 Days (Includes Lift-A-Thon)
  - Middle School: 2 Days a Week for 5 Weeks = 10 Days

High School Student-Athletes = 38 Total Days of Weight Session Opportunities

7<sup>th</sup> and 8<sup>th</sup> Grade Student-Athletes = 20 Total Days of Weight Session Opportunities

Go Falcons!!

**April 2021**

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	

# MAY 2021

**June 2021**

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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9 Mother's Day	10	11	12	13	14	15
16	17 Inservice	18 Inservice	19 Inservice	20 Inservice	21 Inservice	22
23	24 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	25 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	26 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	27 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	28 State Baseball State Track	29 State Track
30	31 Memorial Day 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	1 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	2 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	3 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	4	5

May 2021						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# JUNE 2021

July 2021						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>Memorial Day 31</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>1</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>2</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>3</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>4</b>	<b>5</b>
6	<b>7</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>8</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>9</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>10</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>11</b>	<b>12</b>
13	<b>14</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>15</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>16</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>17</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>18</b>	<b>19</b>
<b>20</b> <b>Father's Day</b>	<b>21</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>22</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>23</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	<b>24</b> 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	<b>25</b>	<b>26</b>
27	<b>28</b> <b>Week 6</b> <b>Recovery &amp; Moratorium</b>	<b>29</b> <b>Recovery &amp; KSHSAA</b> <b>Moratorium</b>	<b>30</b> <b>Recovery &amp; KSHSAA</b> <b>Moratorium</b>	<b>1</b> <b>Recovery &amp; KSHSAA</b> <b>Moratorium</b>	<b>2</b> <b>Recovery &amp; KSHSAA</b> <b>Moratorium</b>	<b>3</b>

**June 2021**

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27	28	29	30			

**August 2021**

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Week 6 Recovery & Moratorium	29 Recovery & KSHSAA Moratorium	30 Recovery & KSHSAA Moratorium	1 Recovery & KSHSAA Moratorium	2 Recovery & KSHSAA Moratorium	3
4 Independence Day	5 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	6 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	7 9:30am-10:30 am (MS Boys)	8 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	9	10
11	12 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	13 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	14 9:30am-10:30 am (MS Boys)	15 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	16	17
18	19 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	20 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	21 9:30am-10:30 am (MS Boys)	22 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	23	24
25	26 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	27 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	28 9:30am-10:30 am (MS Boys)	29 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	30	31

**July 2021**

S	M	T	W	T	F	S
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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

# AUGUST 2021

**September 2021**

S	M	T	W	T	F	S
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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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Boys)	3 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	4 9:30am-10:30 am (MS Boys)	5 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) 9:30am-10:30 am (MS Girls)	6	7
8	9 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) High School Lift-A-Thon	10 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) High School Lift-A-Thon	11	12 7:00am-8:00am (HS Boys) 8:15am-9:15 am (HS Girls) High School Lift-A-Thon	13	14
15	16	17 Flex Inservice	18 Flex Inservice	19 Inservice	20 Inservice	21
22	23 Inservice	24 Inservice	25 Inservice	26 First Day of School	27	28
29	30	31	1	2	3	4