

2021 Milano ISD Summer Strength, Conditioning, and Skill Sessions

Milano ISD will be providing summer strength, conditioning, and skills sessions in accordance with UIL rules and policies. Sessions are open to athletes entering grades 7-12. The schedule is as follows but may be subject to change or adjustment as needed. All changes will be communicated to athletes attending the sessions.

May 31-June 4: OFF WEEK

June 8-10: Open Gym 2:00 - 3:00 PM

June 15-17: Girls Weightroom 2:00-3:00 PM / Girls Basketball Skill 3:15-4:15 PM
Boys Basketball Skill 4:45-5:45 PM / Boys Weightroom 6:00-8:00 PM

JUNE 18: LIGHT IT UP!! Fundraiser Event

June 22-24: Girls Weightroom 12:00-1:00 PM / Girls Basketball Skill 1:15-2:15 PM
Boys Basketball Skill 4:45-5:45 PM / Boys Weightroom 6:00-8:00 PM

June 29-July 1: Girls Weightroom 12:00-1:00 PM / Girls Basketball Skill 1:15-2:15 PM
Boys Basketball Skill 4:45-5:45 PM / Boys Weightroom 6:00-8:00 PM

July 6-8: Girls Weightroom 12:00-1:00 PM / Volleyball Skill 1:30-2:30 PM
Boys Weightroom 6:00-7:00 PM / Football Skill 7:00-8:00 PM

July 13-15: Girls Weightroom 12:00-1:00 PM / Volleyball Camp
Boys Weightroom 6:00-7:00 PM / Football Skill 7:00-8:00 PM

July 20-22: Girls Weightroom 12:00-1:00 PM / Volleyball Skill 1:30-2:30 PM
Boys Weightroom 6:00-7:00 PM / Football Skill 7:00-8:00 PM

July 27-29: Girls Weightroom 12:00-1:00 PM / Volleyball Skill 1:30-2:30 PM
Boys Weightroom 6:00-7:00 PM / Football Skill 7:00-8:00 PM