

16 June Workouts

EC-HS & JH Athletics – Boys & Girls

Summer Strength & Conditioning Workouts

June 2022

* High School Football Players must attend at least 20 out of the 24 summer workouts in order to be rewarded during August Practice, be considered for Team Captain/Line Leader and earn Helmet Decal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	May 30 * <u>No School</u> * <u>Memorial Day</u>	May 31 <u>School Day</u>	1 <u>School Day</u>	2 <u>School Day</u>	3 <u>No School for Students</u> <u>Teacher Workday</u> <u>HS Graduation-7pm</u>	4
5	6 <u>Workout #1</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC * <u>No FB Drills today</u>	7 <u>Workout #2</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC * <u>No FB Drills today</u>	8 <u>Workout #3</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	9 <u>Workout #4</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	10 <u>OFF</u>	11
12 2 pm- FB Staff Meeting	13 <u>Workout #5</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Off 6:30-7:30 HS Boys SAC	14 <u>Workout #6</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Def 6:30-7:30 HS Boys SAC	15 <u>Workout #7</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	16 <u>Workout #8</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	17 <u>OFF</u>	18
19 2 pm- FB Staff Meeting	20 <u>Workout #9</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Off 6:30-7:30 HS Boys SAC	21 <u>Workout #10</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Def 6:30-7:30 HS Boys SAC	22 <u>Workout #11</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	23 <u>Workout #12</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	24 <u>OFF</u>	25
26 2 pm- FB Staff Meeting	27 <u>Workout #13</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Off 6:30-7:30 HS Boys SAC	28 <u>Workout #14</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS FB Drills-Def 6:30-7:30 HS Boys SAC	29 <u>Workout #15</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	30 <u>Workout #16</u> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	July 1 <u>OFF</u>	2

8 Workouts in July

EC-HS & JH Athletics – Boys & Girls
Summer SAC Workouts
July 2022

* High School Football Players must attend at least 20 out of the 24 summer workouts in order to be rewarded during August Practice, be considered for Team Captain/Line Leader and earn Helmet Decal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 26 <div>2 pm- FB Staff Meeting</div>	27 <div>Workout #13</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS <u>FB Drills-Off</u> 6:30-7:30 HS Boys SAC	28 <div>Workout #14</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS <u>FB Drills-Def</u> 6:30-7:30 HS Boys SAC	29 <div>Workout #15</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	30 <div>Workout #16</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	July 1 <u>OFF</u>	2
3	4 <u>OFF all week</u>	5 <u>OFF all week</u>	6 <u>OFF all week</u>	7 <u>OFF all week</u>	8 <u>OFF all week</u>	9
10 <div>2 pm- FB Staff Meeting</div>	11 <div>Workout #17</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS <u>FB Drills-Off</u> 6:30-7:30 HS Boys SAC	12 <div>Workout #18</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-6:30 HS <u>FB Drills-Def</u> 6:30-7:30 HS Boys SAC	13 <div>Workout #19</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	14 <div>Workout #20</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	15 <u>OFF</u>	16
17	18 <div>Workout #21</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC <u>*No FB Drills today</u>	19 <div>Workout #22</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC <u>*No FB Drills today</u>	20 <div>Workout #23</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	21 <div>Workout #24</div> 3:00-4:00 JH Boys SAC 4:15-5:15 HS/JH Girls SAC 5:30-7:30 HS Boys SAC	22 <div>10 am- FB Staff Meeting</div> <u>OFF</u>	23
24	25 <div> <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day </div>	26 <div> <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day </div>	27 <div> <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day </div>	28 <div> <u>Mandatory Team Meetings</u> 10 am – <u>HS Football</u> 1pm – <u>JH Football</u> *Issue Lockers & All Football Equipment </div>	29 <u>OFF</u>	30