

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Lifting @ LHS 4-5:30p	17	18 Lifting @ LHS 4-5:30p	19 Lifting @ LHS 4-5:30p	20	21
22	23 Lifting @ LHS 4-5:30p	24	25 Lifting @ LHS 4-5:30p	26 Lifting @ LHS 4-5:30p	27	28
29	30 Lifting @ LHS 4-5:30p	31				

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Lifting @ LHS 4-5:30p	2 Lifting @ LHS 4-5:30p	3	4
5	6 Tryouts & Cuts 6-8pm	7 Tryouts & Final Cuts 6-8pm	8 Practice & Lifting 6-9pm	9 Practice & Lifting 6-9pm	10 Practice 6-8pm	11
12	13 Practice & Lifting 6-9pm	14 Practice 6-8pm	15 Practice & Lifting 6-9pm	16 Practice & Lifting 6-9pm	17 Practice 6-8pm	18
19	20 Practice & Lifting 6-9pm	21 Practice 6-8pm	22 Practice & Lifting 6-9pm	23 Practice & Lifting 6-9pm	24 Practice 6-8pm	25
26	27 Match @ Middlesex	28 Match @ West Point	29 Match @ King & Queen	30 Practice & Lifting 6-9pm	31 Practice 6-8pm	