## Strength and Conditioning Calendar

2023

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday | Saturday |
|--|---|---|--|--|--------|----------|
|  |   |   |  | 1  | 2      | 3        |
| 4  | S & C STARTS  | 7-12 @ 6:30-8 am<br>3rd -6 <sup>th</sup> @ 8-9:30 am                      | 7-12 @ 6:30-8 am                                 | 7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30am        | 9      | 10       |
| 11   | 7-12 @ 6:30-8 am  12  7-12 @ 6:30-8 am  THROWS CAMP in Yankton w/Leibel | 13 THROWS CAMP in Yankton w/ Leibel 7-12 @ 6:30-8 am 3rd -6th @ 8-9:30 am | 7-12 @ 6:30-8 am THROWS CAMP in Yankton w/Leibel | 7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30 am       | 16     | 17       |
| 18   | 19<br>7-12 @ 6:30-8 am  | 20<br>7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30 am    | 7-12 @ 6:30-8 am                                 | 22<br>7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30 am | 23     | 24       |
| 25   | 26<br>7-12 @ 6:30-8 am  | 27<br>7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30 am    | 28<br>7-12 @ 6:30-8 am                           | 29<br>7-12 @ 6:30-8 am<br>3 <sup>rd</sup> -6 <sup>th</sup> @ 8-9:30 am | 30     |          |
| Contact Info:<br>Tim Leibel-<br>(605)481-0027<br>Whitney Podzimek-<br>(605) 201-9405 |   |   |  |  |        |          |



## Heading

To get started right away, just click any placeholder text (such as this) and start typing to replace it with your own.

## Heading

Want to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need.

## Heading

View and edit this document in Word on your computer, tablet, or phone.