

August 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Lakeland CC Camp		Lakeland CC Camp		Lakeland CC Camp	
6	7 Athletes train on their own all week.	7 Athletes train on their own all week.	7 Athletes train on their own all week.	7 Athletes train on their own all week.	7 Athletes train on their own all week.	12
13	7 Athletes train on their own all week.	7 Athletes train on their own all week.	16 Practice 9:00 – 10:30	17 Practice 9:00 – 10:30	7 Athletes train on their own all week.	19
20	21 Milford CC Camp	22 Milford CC Camp	23 Milford CC Camp	24 Milford CC Camp	25 Milford CC Camp	26
27	28 Practice 1:00 – 3:00	29	30	31 Practice 1:00 – 3:00		
	Labor Day	First Day of School	Every Day after school: Practice from 3:00 – 4:30			

\*Lakeland CC Camp is also July 24<sup>th</sup>, 26<sup>th</sup> and 28<sup>th</sup>.