JULY 2023

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|------------------|-------------------------|--------------------|---------------------|---------------------|----------------|-----------|
| CR Athletics | | | | | | | 1 |
| Times are | | | | | | | DEAD WEEK |
| subject to change. | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK |
| | 9 | 10 6:30-8AM Weights | 11 | 12 6:30-8AM Weights | 13 6:30-8AM Weights | 14 | 15 |
| Girls' Basketball | | | | | | | |
| Boys' Basketball | DEAD WEEK | | | | | | |
| Football | | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | | |
| Volleyball | | MoKan Camp Varsity On | ly | | HS: 6-8 VB Open Gym | | |
| Activities | | | MS:6-7:30 Open Gym | | | | |
| | 16 | 17 6:30-8AM Weights | 18 | 19 6:30-8AM Weights | 20 6:30-8AM Weights | 21 | 22 |
| Girls' Basketball | | | | | | | |
| Boys' Basketball | HS: 6-8 Open Gym | | | | | HS @ Carollton | |
| Football | | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | | |
| Volleyball | HS: 4-6 Open Gym | | | | HS: 6-8 VB Open Gym | | |
| Activities | | | | | | | |
| | 23 | 24 6:30-8AM Weights | 25 | 26 6:30-8AM Weights | 27 6:30-8AM Weights | 28 | 29 |
| Girls' Basketball | | | | | | | |
| Boys' Basketball | HS: 6-8 Open Gym | | | | | | |
| Football | | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | HS Camp 8:30-10:30 | | | |
| Volleyball | HS: 4-6 Open Gym | MSVB Shootout @ Smithto | | | HS: 6-8 VB Open Gym | | |
| Activities | | | | | | | |
| | 30 | 31 | Notes: | | | | |
| Girls' Basketball | | | | | | | |
| Boys' Basketball | | | | | | | |
| Football | | | | | | | |
| Volleyball | HS: 4-6 Open Gym | | | | | | |
| Activities | | | | | | | |