

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 WEIGHTS 8-930 HS	3 AGILITIES 8-930 TRACK	4 WEIGHT 8-930 HS	5
6	7 WEIGHTS 8-930 HS	8 AGILITIES 8-930 TRACK	9 WEIGHTS 8-930 HS	10 AGILITIES 8-930 TRACK	11 WEIGHTS 8-930 HS	12
13	14 WEIGHTS 8-930 HS	15 AGILITIES 8-930 TRACK	16 WEIGHTS 8-930 HS	17 AGILITIES 8-930 TRACK	18 WEIGHTS 8-930 HS	19
20	21 WEIGHTS 8-930 HS	22 AGILITIES 8-930 TRACK	23 WEIGHTS 8-930 HS	24 AGILITIES 8-930 TRACK	25 WEIGHTS 8-930 HS	26
27	28 WEIGHTS 8-930 HS	29 AGILITIES 8-930 TRACK	30 WEIGHT 8-930 HS			

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 OFF BREAK	2 OFF BREAK	3
4	5 OFF BREAK	6 OFF BREAK	7 WEIGHTS 8-930 HS	8 AGILITIES 8-930 TRACK	9 WEIGHTS 8-930 HS	10
11	12 WEIGHTS 8-930 HS	13 AGILITIES 8-930 TRACK	14 WEIGHTS 8-930 HS	15 AGILITIES 8-930 TRACK	16 WEIGHTS 8-930 HS	17
18	19 WEIGHTS 8-930 HS	20 AGILITIES 8-930 TRACK	21 WEIGHTS 8-930 HS	22 AGILITIES 8-930 TRACK	23 WEIGHTS 8-930 HS	24
25	26 WEIGHTS 8-930 HS	27 AGILITIES 8-930 TRACK	28 WEIGHTS 8-930 HS	29 AGILITIES 8-930 TRACK	30 WEIGHTS 8-930 HS	31
1 AUGUST	2 WEIGHTS 8-9 CAMP 9-11	3 CAMP 9-11	4 WEIGHTS 8-9 CAMP 9-11	5 CAMP 9-11	6 WEIGHTS 8-9 CAMP 9-11	7