

WEIGHT ROOM HOURS

Mon-Wed-Thurs.
6:30am—8:00am
Open to ALL athletes

FOOTBALL STRENGTH/COND.

Mon/Wed/Fri 6:30am-8:00am

June 2017

GIRLS TRAINING PROGRAM

Tuesdays & Thursdays at GMS
Starting June 15th 8:30pm-9:30pm
\$50 Registration

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 GHS FB Kickoff 6:30pm	2	3
4	5 3-6 Grade BB Camp (GHS) 8:30am K-2 BB Camp (GHS) 11:00am GHS GB Camp 3:30 GHS FB Skills 7:00pm GHS BB Open 6:00	6 3-6 Grade BB Camp (GHS) 8:30am K-2 BB Camp (GHS) 11:00am GHS GB Camp 3:30	7 3-6 Grade BB Camp (GHS) 8:30am K-2 BB Camp (GHS) 11:00am GHS GB Camp 3:30 GHS BB Open 6:00	8 3-6 Grade BB Camp (GHS) 8:30am K-2 BB Camp (GHS) 11:00am GHS GB Camp 3:30	9	10 GHS—Girls' BB @ Clarke
11	12 GHS—Girls BB Open 7:00 GHS FB Skills 7:00pm GHS BB Open 6:00	13 GHS VB Minicamp 6:30pm GMS VB Open 4:00	14 GHS—Girls BB Open 7:00 GHS BB Open 6:00	15 GHS—Girls BB Open 2:30 GHS VB Open-6:30pm	16	17
18	19 GHS—Girls BB Open 7:00 GHS FB Skills 7:00pm GHS BB Open 5:30 GMS GB Open 3:30	20 GHS VB Setters-5:30pm GHS VB Open-6:30pm GMS VB Open 4:00	21 GHS—Girls' BB Home League GHS BB Open 5:00 (GMS)	22 GHS—Girls BB Open 2:30 GHS VB Open-6:30pm GMS VB Camp—8:00am	23 GMS VB Camp—8:00am	24
25 GHS-Girls' BB Galena Shootout	26 GHS—Girls BB Open 7:00 GHS FB Skills 7:00pm GHS BB Open 5:30 GMS GB Open 3:30	27 GHS VB Setters-5:30pm GHS VB Open-6:30pm GMS VB Open 4:00	28 GHS-Girls' BB @ Shulls- burg League 7-on-7 FB—Beloit GHS BB Open 6:00	29 GHS-Girls' BB Open 2:30 GHS VB Open-6:30pm	30	

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July 2017

GIRLS TRAINING PROGRAM

Tuesdays & Thursdays at GMS
Starting June 15th 8:30pm-9:30pm
\$50 Registration

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7-on-7 FB-Morrison
2	3	4	5 GHS—Girls BB Open 7:00 GHS BB Open 6:00	6 GHS-Girls BB Open 2:30 GHS VB Open-6:30pm	7	8
9	10 GHS—Girls BB Open 7:00 GHS FB Skills 7:00pm GHS BB Open 5:30 GMS GB Open 3:30	11 GHS VB Setters-5:30pm GHS VB Open-6:30pm GMS VB Open 4:00	12 GHS—Girls BB Open 7:00 GHS BB Open 6:00	13 GHS-Girls BB Open 2:30 GHS VB Open-6:30pm	14	15
16 GHS-Girls' BB Platteville Tourn.	17 GHS-Girls' BB @ E. Dubu- que League GHS FB Skills 7:00pm GHS BB Open 5:30 GMS GB Open 3:30	18 GHS VB Scrimmage- 6:30pm (GMS) GMS VB Open 4:00	19 GHS—Girls BB Open 7:00 GHS BB Open 6:00	20 GHS-Girls BB Open 2:30 GHS VB Open-6:30pm	21	22 GHS-Girls' BB @ U.Dub. 7-on--7 FB—Darlington
23 GHS VB Galena Tourn (GMS)-1:00pm	24 GHS VB Camp-6:30pm Youth FB Camp 9:00-11:00 GHS FB Camp 5:30-8:30 GMS GB Open 3:30	25 GHS VB Camp-6:30pm Youth FB Camp 9:00-11:00 GHS FB Camp 5:30-8:30	26 Youth FB Camp 9:00-11:00 GHS FB Camp 5:30-8:30	27 GHS VB Alumni Game- 7:00pm Youth FB Camp 9:00-11:00 GHS FB Camp 5:30-8:30	28	29