

2019 Summer Workouts

- * Workouts will begin June 3rd and end July 25th. We will work out on Monday, Tuesday, and Thursday. **Wednesday will be used for a MAKE UP workout day only.**
- * **JV Boys** workouts will begin at **8:30am**
- * **Varsity Boys** workouts will begin at **7:30am**
- * All **Girls** workouts will begin at **8:30am**

JV athletes are **REQUIRED** to make **12 workouts**

Varsity athletes are **REQUIRED** to make **18 workouts**

- * Camps will be counted only **IF** the camp is occurring at the same time as the workout. *

Any Questions please contact:

Coach Pickett at 334-850-2509

Coach Michael at 334-467-4088

Coach Brantley at 334-303-2888

Coach Glass at 574-807-5511

Coach Codi at 334-339-2300 (girls)

*** If you do not make the required number of workouts YOU WILL NOT PLAY.***

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Memorial Day					
2	3	4	5	6	7	8
	Eid al-Fitr JV Boys/Girls: 8:30am Varsity Boys: 7:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
9	10	11	12	13	14	15
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Flag Day	
16	17	18	19	20	21	22
Father's Day	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Juneteenth Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
23	24	25	26	27	28	29
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
30						
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am		Independence Day	

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	1	2	3	4	5	6
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	Independence Day		
7	8	9	10	11	12	13
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
14	15	16	17	18	19	20
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
21	22	23	24	25	26	27
	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am	Make-Up Workouts: 8:00am	JV Boys/Girls: 8:30am Varsity Boys: 7:30am		
28	29	30	31			
	Make-Up Workouts: 8:00am	Make-Up Workouts: 8:00am	Make-Up Workouts: 8:00am	Make-Up Workouts: 8:00am		