



MACON EAST ACADEMY KNIGHTS

maconeast.net

334.277.6566

2023 SUMMER WORKOUTS

- Workouts begin Monday, June 5th
- Varsity athletes are required to make **14** workouts
- Varsity athletes will work out from 7:00 am - 9:00 am on Monday, Tuesday, and Thursday
- JV Boys are required to make **8** workouts
- JV Boys will work out on Tuesday and Thursday from 8:30 am - 9:30 am
- JV Girls who do not play a Varsity sport can work out with the Varsity girls at 7:00 am
- Only 2 days will count for camps or clinics outside of Macon East
- Wednesday can be used as a make-up day

Thank you, and Go Knights!

Codi Berry

Coach Codi Berry
(334) 339-2300



JUNE 2023

Coach Codi Berry: (334) 339-2300
Coach Will Graham: (334) 777-9559

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
		Varsity 7:00 am Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am
11	12	13	14	15	16	17
			Cheer Mandatory Practice Week			
			Baseball / Softball Camp 9:00 am - 12:00 pm			
18	19	20	21	22	23	24
			AISA CHEER CAMP			
			Varsity 7:00 am Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am
25	26	27	28	29	30	
			Elementary Volleyball Camp 9:00 am - 12:00 pm			
			Varsity 7:00 am Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	



JULY 2023

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
		Basketball Camp 9:00 am - 12:00 pm				
		Varsity 7:00 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am
16	17	18	19	20	21	22
		Varsity 7:00 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am
23	24	25	26	27	28	29
		Varsity 7:00 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	Varsity 7:00 am JV Boys 8:30 am	
30	31					