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## 2024 SUMMER WORKOUTS

- Workouts begin Tuesday, June 3rd.
- Varsity athletes are required to make 19 summer workouts.
- JV athletes are required to make 15 summer workouts.
- Summer workouts are REQUIRED to be eligible to participate in the 2024-2025 athletic seasons.
- Make up workouts: The week of July 29th will be available for those who need additional workouts, as well as Mondays during July. Monday make-ups must be pre scheduled with a coach to count.

Thank you, and Go Knights!

Coach Codi Berry (334) 339-2300



## JUNE 2024

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

2 3 4 5 6 7 8 8  Elementary Basketball Camp - 9:00 am - 12:00 pm  Girls: 7:00 am Boys 8:00 am Soys 8:00 am Downkouts Cheer Competition  23 24 25 26 27 28 29  Elementary Baseball / Softball Camp 9:00 am - 12:00 pm	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Elementary Basketball Camp - 9:00 am - 12:00 pm   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys							1
Elementary Basketball Camp - 9:00 am - 12:00 pm   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys							
Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Girls: 7:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   Boys 8:00 am   Boys 8:00 am   Girls: 7:00 am   Boys 8:00 am   B		3	4	5	6	7	8
Boys 8:00 am   Boys 8:00 am   Boys 8:00 am   Boys 8:00 am		Elementary Bas	ketball Camp - 9:00	0 am - 12:00 pm			
Elementary Volleyball Camp 9:00 am - 12:00 pm   Girls: 7:00 am Boys 8:00 am   Cheer Competition   Cheer Competitio				I .			
Girls: 7:00 am Boys 8:00 am  16  17  18  19  20  21  22  AISA CHEER CAMP - Troy - JV / Varsity  Girls: 7:00 am Boys 8:00 am  Solve Since S	-	10	11	12	13	14	15
Boys 8:00 am   Boys		Elementary Vo	lleyball Camp 9:00	am - 12:00 pm			
AISA CHEER CAMP - Troy - JV / Varsity    Girls: 7:00 am					1		
Girls: 7:00 am   Girls: 7:00 am   Boys 8:00 am   No Workouts   Cheer Competition   23   24   25   26   27   28   29		17	18	19	20	21	22
Boys 8:00 am Boys 8:00 am Cheer Competition  23 24 25 26 27 28 29		AISA CHEER CAMP - Troy - JV / Varsity					
Elementary Baseball / Softball Camp 9:00 am - 12:00 pm		24	25	26	27	28	29
		Elementary Baseb	oall / Softball Camp 9	9:00 am - 12:00 pm			
Girls: 7:00 am Boys 8:00 am Boys 8:00 am Boys 8:00 am Boys 8:00 am					1		
30							



## JULY 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 AAPY LULY CTAL	5	6
			NO WORKOUTS			
7	8	9	10	11	12	13
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am		
14	15	16	17	18	19	20
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am		
21	22	23	24	25	26	27
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am		
28	29	30	31			