



2024 SUMMER WORKOUTS

- Workouts begin Tuesday, June 4th.
- 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!

Codi Berry

Coach Codi Berry
(334) 339-2300



JUNE 2024

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
	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	Girls: 7:00 am Boys 8:00 am			
9	10	11	12	13	14	15
	Elementary Volleyball Camp 9:00 am - 12:00 pm			Girls: 7:00 am Boys 8:00 am		
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am			
16	17	18	19	20	21	22
	AISA CHEER CAMP - Troy - JV / Varsity			No Workouts Cheer Competition		
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am			
23	24	25	26	27	28	29
	Elementary Baseball / Softball Camp 9:00 am - 12:00 pm			Girls: 7:00 am Boys 8:00 am		
		Girls: 7:00 am Boys 8:00 am	Girls: 7:00 am Boys 8:00 am			
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JULY 2024

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