

2023 ANDERSON HIGH SCHOOL SPRING WORKOUT CALENDAR

Couple Notes:

- If your team is not listed on the calendar, then you are considered a “Off-Season” athlete and will attend the workouts in **Green**
- If an athlete cannot come to an off-season workout or their scheduled time because of a conflict with their Club/AAU schedules, they can come to any workout and work with any another team
- The times listed below are only for Strength and Speed Training. Please talk to your coaches about open gyms and practice times.
- If you are on vacation, you can find your team’s workouts [here](#).

Workout Logistics:

Off-Season Monday (Weight room is being used by in-season athletes from 3-4:30 pm)

3:00 Warm-Up
3:10 Speed & Agility
3:35 Bodyweight/Plate
4:05 Stretch
4:15 Done

Off-Season Tuesday/Thursday (Weight room used by in-season athletes from 3-3:45 pm)

3:00 Warm-Up
3:10 Speed & Agility
3:35 Functional & Prehab/Rehab
3:40 Heavy Lift
4:10 Individual Stretch
4:15 Done

Tuesday/Thursday Girls Sprints/Nagel Workouts (4:15-5:15 time slot)

4:15 - Girls Sprints Lift, Nagel Warm-up
4:25 - Nagel Speed Training
4:40 - Nagel Bodyweight
4:50 - Girls Sprints Stretch and Nagel Lift
5:00 - Girls Sprints Done
5:10 - Nagel Stretch
5:15 - Nagel Done

Tuesday/ Thursday Baseball/Boys Lax Workouts (5-6 pm time slot)

5:00 - Baseball Main Lifts in weight room
5:15 - Boys Lax Warm-ups

5:25 - Baseball Functional Bodyweight Exercises outside of weight room, Boys Lax lift in weight room

5:35 - Baseball Stretch

5:45 - Baseball Done

6:00 - Boys Lax goes to practice

Wrestling Workouts

3:00 - Open mats

3:40 - They will come in to lift and stretch with Off-Season.

Bowling Workouts

3:00 - Warm-up with Off-Season

3:10 - Bowling specific drills with their coach, Evan Dennis

3:35 - Prehab with Off-Season

3:40 - Lift with Off-Season

4:10 - Stretch with Off-Season

| February 2023 | | | | | | |
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| ◀ January | | | | | | March ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 19 CHEER COMPETITION | 20 NO SCHOOL SPRING SPORTS BEGIN TRAINERS: Szabo 10 am-12:15 pm WRESTLING 10-10:45 am VARSITY/JV BOYS BASKETBALL LIGHT DAY 11:30 am-12:15 pm | 21 TRAINERS: Brandon 6:15- 7:30 am Szabo 3-6 pm Lunn 3- 5 pm FOOTBALL 6:15-7:30 am BOYS & GIRLS OFF-SEASON 3-4:15 pm GIRLS SPRINTERS 4:15-5 pm BOYS LAX 5:15-6 pm | 22 BOYS BASKETBALL TOURNEY GAME TRAINERS: Szabo 6:15- 7:30 am Granger 3-4:30 pm FOOTBALL 6:15-7:30 am TRACK DISTANCE & THROWERS & WRESTLING 3- 3:45 pm | 23 TRAINERS: Brandon 6:15- 7:30 am Szabo 3-6 pm Lunn 3- 5 pm FOOTBALL 6:15-7:30 am BOYS & GIRLS OFF-SEASON 3-4:15 pm BOYS SPRINTERS & 3-3:45 pm GIRLS SPRINTERS 4:15-5 pm | 24 BOYS BASKETBALL TOURNEY GAME TRAINERS: Szabo 6:15- 7:30 am & 3- 4:45 pm FOOTBALL 6:15-7:30 am BOYS & GIRLS OFF-SEASON 3-4 pm SOFTBALL 3- 3:45 pm | 25 WRESTLING SECTIONAL MEET TRAINERS: None BOYS LAX 9- 10 am (White) TRACK THROWERS 10-10:45 pm (Walla) |

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| | | | GIRLS LAX 3:45-4:30 pm | BOYS LAX 5:15-6 pm | BASEBALL & BASE RUNNING 3-4:45 pm | |
| 26 | 27 | 28 | | | | |
| | <p>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5 pm Morency 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS & WRESTLING 3-3:45 pm</p> <p>SOFTBALL 3-3:45 pm</p> <p>GIRLS LAX 3:45-4:30 pm</p> <p>BOYS BASKETBALL LIGHT DAY 4:30-5 pm</p> | <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS 3-3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX 5:15-6 pm</p> | | | | |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| | | | <p>1</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>TRACK DISTANCE & THROWERS & WRESTLING LIGHT DAY 3-3:45 pm</p> <p>SOFTBALL 3-3:45 pm</p> <p>GIRLS LAX 3:45-4:30 pm</p> | <p>2</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS & 3-3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>3</p> <p>WRESTLING DISTRICT MEET</p> <p>TRAINERS: Szabo 3-4 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> <p>BASEBALL 3-3:45 pm</p> | <p>4</p> <p>WRESTLING DISTRICT MEET</p> <p>SZABO VACATION</p> <p>TRAINERS: None</p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> |
| 5 | <p>6</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5 pm Morency 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> | <p>7</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> | <p>8</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>SOFTBALL 3-3:45 pm</p> | <p>9</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> | <p>10</p> <p>WRESTLING STATE MEET</p> <p>TRAINERS: Szabo 3-4 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> <p>BASEBALL & TRACK DISTANCE &</p> | <p>11</p> <p>WRESTLING STATE MEET</p> <p>BOYS LAX GAME</p> <p>TRAINERS: None</p> <p>TRACK THROWERS</p> |

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| | <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS & 3-3:45 pm</p> <p>SOFTBALL 3- 3:45 pm</p> <p>GIRLS LAX 3:45-4:30 pm</p> | <p>BOYS SPRINTERS 3- 3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>GIRLS LAX 3:45-4:30 pm</p> | <p>BOYS SPRINTERS 3- 3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>THROWERS 3- 3:45 pm</p> | <p>10-10:45 pm (Walla)</p> |
| 12 | <p>13</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5:45 pm Morency 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>SOFTBALL 3- 3:45 pm</p> <p>BASEBALL 5- 5:45 pm</p> | <p>14</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3- 4:15 pm</p> <p>BOYS SPRINTERS & TRACK THROWERS 3- 3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>15</p> <p>GIRLS LAX SCRIMMAGE</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-5:45 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>TRACK DISTANCE & THROWERS 3- 3:45 pm</p> <p>SOFTBALL 3- 3:45 pm</p> <p>GIRLS LAX 3:45-4:30 pm</p> <p>BASEBALL 5- 5:45 pm</p> | <p>16</p> <p>TRAINERS: Brandon 6:15-7:30 am & 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS 3- 3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>17</p> <p>NO SCHOOL-TEACHER PD</p> <p>BOYS LAX GAME</p> <p>TRAINERS: None</p> | <p>18</p> <p>SZABO VACATION</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL SCRIMMAGE</p> <p>TRAINERS: None</p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> |

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| <p>19</p> | <p>20</p> <p>GIRLS LAX GAME</p> <p>BOYS LAX GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5:45 pm Morency 3-4:30 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS 3-3:45 pm</p> <p>SOFTBALL LIGHT DAY 3-3:45 pm</p> <p>BASEBALL 5-5:45 pm</p> | <p>21</p> <p>SOFTBALL SCRIMMAGE</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS 3-3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>22</p> <p>SOFTBALL SCRIMMAGE</p> <p>BOYS LAX GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-5:45 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>TRACK DISTANCE & THROWERS 3-3:45 pm</p> <p>GIRLS LAX 3:45-4:30 pm</p> <p>BASEBALL 5-5:45 pm</p> | <p>23</p> <p>SOFTBALL SCRIMMAGE</p> <p>GIRLS LAX GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am & 3-6 pm Lunn 3-5:15 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS 3-3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>24</p> <p>BOYS LAX GAME</p> <p>TRAINERS: Szabo 3-4 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> <p>GIRLS LAX 3-3:45 pm</p> | <p>25</p> <p>TRACK MEET</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p>TRAINERS: None</p> <p>FRESHMAN BASEBALL 9-9:45 am (Ladrigan)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> |
| <p>26</p> <p>PARENT OBSERVATION WEEK</p> | <p>27</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am & 3-4:30 pm</p> | <p>28</p> <p>GIRLS LAX GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:45 pm</p> <p>FOOTBALL DOG SOLDIER</p> | <p>29</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-4:30 pm</p> | <p>30</p> <p>TRACK MEET</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo</p> | <p>31</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p>TRAINERS: Szabo 3-4 pm</p> | <p style="background-color: #cccccc;"></p> |

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| <p>Morency 3-4:30 pm</p> <p>FOOTBALL DOG SOLDIER WEEK 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS 3-3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>WEEK 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS</p> <p>SPRINTERS 3-3:45 pm</p> <p>SOFTBALL LIGHT DAY 3-3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BASEBALL LIGHT DAY 5-5:45 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>FOOTBALL DOG SOLDIER WEEK 6:15-7:30 am</p> <p>TRACK DISTANCE & THROWERS 3-3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>3-6 pm Lunn 3-5:45 pm</p> <p>FOOTBALL DOG SOLDIER WEEK 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BASEBALL LIGHT DAY 5-5:45 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> <p>BOYS SPRINTERS 3-3:45 pm</p> |
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| April 2023 | | | | | | |
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| ◀ March | | | | | | May ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | <p>1</p> <p>TRAINERS: None</p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS</p> |

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| | | | | | | 10-10:45 pm (Walla) |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| BOYS LAX GAME BOYS & GIRLS OFF-SEASON CAN COME TO ANY WORKOUT TIME AND MIX IN WITH AN OFF-SEASON OR IN-SEASON PROGRAM | NO SCHOOL SOFTBALL GAME BASEBALL GAME BOYS LAX GAME LUNN & GRANGER VACATION TRAINERS: Szabo 7:45-9:45 am FOOTBALL SLOW DOWN 7:45-9 am TRACK DISTANCE & BOYS SPRINTERS SLOW DOWN 9-9:45 am | NO SCHOOL LUNN & GRANGER VACATION TRAINERS: Szabo 7:45-10:30 am & 2-2:45 pm FOOTBALL SLOW DOWN 7:45-9 am BOYS LAX LIGHT DAY 9-9:45 pm GIRLS SPRINTERS & THROWERS SLOW DOWN 2-2:45 pm | NO SCHOOL SOFTBALL GAME BASEBALL GAME LUNN & GRANGER VACATION TRAINERS: Szabo 7:45-9:45 am & 2-2:45 pm FOOTBALL SLOW DOWN 7:45-9 am TRACK DISTANCE SLOW DOWN 9-9:45 am GIRLS SPRINTERS & THROWERS PLATE WORKOUT 2-2:45 pm | NO SCHOOL SOFTBALL GAME TRACK MEET BOYS LAX GAME LUNN & GRANGER VACATION TRAINERS: Szabo 7:45-9:45 am FOOTBALL SLOW DOWN 7:45-9 am BASEBALL LIGHT DAY 9-9:45 am | NO SCHOOL BASEBALL GAME LUNN & GRANGER VACATION TRAINERS: Szabo 9-9:45 am SOFTBALL & BOYS LAX & BOYS SPRINTERS SLOW DOWN 9-9:45 pm | LUNN & GRANGER VACATION TRAINERS: Szabo 10-10:45 BASEBALL 10-10:45 am FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches) |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | SOFTBALL GAME | GIRLS LAX GAME TRAINERS: Brandon 6:15- | TRACK MEET SOFTBALL GAME | GIRLS LAX GAME | SZABO VACATION TRACK MEET | SZABO VACATION |

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| | <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am Brandon 3-4:30 pm Morency 3-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS</p> <p>SPRINTERS 3-4:45 pm</p> <p>SOFTBALL LIGHT DAY 3-4:45 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS 3-4:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>7:30 am Szabo 3-6 pm Lunn 3-5:45 pm</p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS</p> <p>SPRINTERS 3-4:45 pm</p> <p>SOFTBALL LIGHT DAY 3-4:45 pm</p> <p>GIRLS</p> <p>SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BASEBALL LIGHT DAY 5-5:45 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>BASEBALL GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am & 3:45-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>SOFTBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:45 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS</p> <p>SPRINTERS & TRACK DISTANCE & THROWERS 3-4:45 pm</p> <p>GIRLS</p> <p>SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BASEBALL LIGHT DAY 5-5:45 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>BASEBALL GAME</p> <p><i>TRAINERS: None</i></p> | <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: None</i></p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |
| 16 | <p>17</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am Brandon 3-4:30 pm</i></p> | <p>18</p> <p>GIRLS LAX GAME</p> <p>BASEBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</i></p> | <p>19</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am</i></p> | <p>20</p> <p>TRACK MEET</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-</i></p> | <p>21</p> <p>TRACK MEET</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 3-4 pm</i></p> | <p>22</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p><i>TRAINERS: None</i></p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS</p> |

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|----|--|--|--|---|---|---|
| | <p><i>Morency 3-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS 3- 3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS & JV BASEBALL 3-3:45 pm</p> <p>SOFTBALL LIGHT DAY 3- 3:45 pm</p> <p>GIRLS SPRINTERS 4:15-5 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p><i>Brandon 3-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>TRACK THROWERS LIGHT DAY 3- 3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p><i>7:30 am Szabo 3-6 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>NAGEL 4:15-5:15 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> | <p>10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |
| 23 | <p>24</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5 pm Morency 3-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> | <p>25</p> <p>TRACK MEET</p> <p>GIRLS LAX GAME</p> <p>SOFTBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:45 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOWLING 3- 3:45 pm</p> | <p>26</p> <p>TRACK MEET</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am & 3:45-4:30 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>TRACK DISTANCE & THROWERS 3- 3:45 pm</p> | <p>27</p> <p>GIRLS LAX GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</i></p> <p>FOOTBALL 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOWLING 3- 3:45 pm</p> <p>GIRLS SPRINTERS LIGHT DAY & PNF 4:15-5 pm</p> | <p>28</p> <p>TRACK MEET</p> <p>SOFTBALL GAME</p> <p>BASEBALL GAME</p> <p><i>TRAINERS: Szabo 3-4 pm</i></p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> | <p>29</p> <p>GIRLS LAX GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: None</i></p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |

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| | TRACK DISTANCE & THROWERS 3-3:45 pm GIRLS LAX LIGHT DAY 3:45-4:15 pm | NAGEL 4:15-5:15 pm BASEBALL LIGHT DAY 5-5:45 pm BOYS LAX 5:15-6 pm | GIRLS LAX LIGHT DAY 3:45-4:30 pm BASEBALL LIGHT DAY 5-5:30 pm BOYS LAX 5:15-6 pm | |
| 30 | SOFTBALL TOURNEY DRAW | | | |

| May 2023 | | | | | | |
|----------|--|---|--|--|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | THROWERS MEET SOFTBALL GAME BASEBALL GAME BOYS LAX GAME TRAINERS: Szabo 6:15-7:30 am Brandon 3-4:30 | GIRLS LAX GAME SOFTBALL GAME TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:30 pm FOOTBALL UPPER BODY 6:15-7:30 am | SOFTBALL GAME BASEBALL GAME TRAINERS: Szabo 6:15-7:30 am Brandon 3-4:30 pm FOOTBALL LOWER BODY 6:15-7:30 am | GIRLS LAX GAME TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:30 pm FOOTBALL UPPER BODY 6:15-7:30 am | TRACK MEET SOFTBALL GAME BASEBALL GAME BOYS LAX GAME TRAINERS: Szabo 3-4 pm | SZABO VACATION GIRLS LAX GAME SOFTBALL GAME TRAINERS: None BOYS LAX 9-10 am (White) |

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| | <p><i>pm</i> <i>Morency 3-4:30 pm</i></p> <p>FOOTBALL LOWER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>TRACK DISTANCE LIGHT DAY 3- 3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOYS SPRINTERS 3- 3:45 pm</p> <p>BOWLING 3- 3:45 pm</p> <p>GIRLS SPRINTERS LIGHT DAY 4- 4:30 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BASEBALL LIGHT DAY 5- 5:30 pm</p> <p>BOYS LAX 5:15-6 pm</p> | <p>TRACK THROWERS & DISTANCE LIGHT DAY 3- 3:45 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> | <p>BOYS & GIRLS OFF-SEASON 3-4:15 pm</p> <p>BOWLING 3- 3:45 pm</p> <p>NAGEL 4:15- 5:15 pm</p> <p>BASEBALL LIGHT DAY 5- 5:30 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> | <p>TRACK THROWERS 10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| <p>BASEBALL TOURNEY DRAW</p> <p>GIRLS LAX TOURNEY DRAW</p> <p>BOYS LAX TOURNEY DRAW</p> | <p>BASEBALL GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5 pm Morency 3-4:30 pm</i></p> <p>FOOTBALL LOWER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON LIGHT DAY 3- 4:15 pm</p> <p>TRACK DISTANCE & THROWERS PLATE</p> | <p>GIRLS LAX GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-3:45 pm</i></p> <p>FOOTBALL UPPER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3-4:15 pm</p> <p>BOWLING 3- 3:45 pm</p> <p>NAGEL 4:15- 5:15 pm</p> | <p>TRACK ECC MEET</p> <p>BASEBALL GAME</p> <p>BOYS LAX GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am</i></p> <p>FOOTBALL LOWER BODY 6:15-7:30 am</p> | <p>BASEBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-6 pm Lunn 3-5:15 pm</i></p> <p>FOOTBALL UPPER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3-4:15 pm</p> <p>BOWLING 3- 3:45 pm</p> <p>NAGEL 4:15- 5:15 pm</p> | <p>TRACK ECC MEET</p> <p><i>TRAINERS: Szabo 3-4 pm</i></p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> | <p>BASEBALL GAME</p> <p>GIRLS LAX TOURNEY GAME</p> <p><i>TRAINERS: None</i></p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |

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| | <p>WORKOUT 3-3:45 pm</p> <p>BOYS SPRINTERS PLATE</p> <p>WORKOUT 3-3:30 pm</p> <p>GIRLS LAX LIGHT DAY 3:45-4:30 pm</p> <p>GIRLS SPRINTERS PLATE</p> <p>WORKOUT 4-4:30 pm</p> <p>BASEBALL LIGHT DAY 4:30-5 pm</p> | <p>BASEBALL LIGHT DAY 5:15-6 pm</p> <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | | <p>BOYS LAX LIGHT DAY 5:15-6 pm</p> | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| <p>REST OF WORKOUTS WILL BE DETERMINED BY TOURNEY SCHEDULES</p> | <p>GIRLS LAX TOURNEY GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 3-5 pm Morency 3-4:30 pm</p> <p>FOOTBALL LOWER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON LIGHT DAY 3-4:15 pm</p> <p>TRACK DISTANCE & THROWERS LIGHT DAY 3-3:45 pm</p> <p>BOYS SPRINTERS</p> | <p>BASEBALL TOURNEY GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-5:15 pm Lunn 3-5:15 pm</p> <p>FOOTBALL UPPER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3-4:15 pm</p> <p>BOWLING 3-3:45 pm</p> <p>NAGEL 4:15-5:15 pm</p> | <p>TRACK DISTRICT MEET</p> <p>BOYS LAX TOURNEY GAME</p> <p>TRAINERS: Szabo 6:15-7:30 am</p> <p>FOOTBALL LOWER BODY 6:15-7:30 am</p> | <p>BASEBALL TOURNEY GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am Szabo 3-5:15 pm Lunn 3-5:15 pm</p> <p>FOOTBALL UPPER BODY 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON TESTING/CHANGE-UP 3-4:15 pm</p> <p>BOWLING 3-3:45 pm</p> <p>NAGEL 4:15-5:15 pm</p> | <p>TRACK DISTRICT MEET</p> <p>TRAINERS: Szabo 3-4 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4 pm</p> | <p>TRAINERS: None</p> <p>BOYS LAX 9-10 am (White)</p> <p>TRACK THROWERS 10-10:45 pm (Walla)</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |

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| | <p>PLATE WORKOUT 3-3:45 pm</p> <p>GIRLS SPRINTERS PLATE WORKOUT 4-4:30 pm</p> <p>BASEBALL PLATE WORKOUT 4:30-5 pm</p> | | | | | |
| 21 | <p>22</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 6:15-7:30 am & 3-5 pm Morency 3-4:15 pm</p> <p>FOOTBALL TESTING 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON CHANGE-UP 3-4:15 pm</p> | <p>23</p> <p>EXAMS FULL DAY</p> <p>TRAINERS: Szabo 6:15-7:30 am & 3-4:15 pm Brandon 6:15-7:30 am</p> <p>FOOTBALL TESTING 6:15-7:30 am</p> <p>BOYS & GIRLS OFF-SEASON CHANGE-UP 3-4:15 pm</p> | <p>24</p> <p>EXAMS EARLY RELEASE</p> <p>TRACK REGIONAL MEET</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 6:15-7:30 am</p> <p>FOOTBALL TESTING & LOWER BODY 6:15-7:30 am</p> | <p>25</p> <p>EXAMS EARLY RELEASE</p> <p>TRAINERS: Szabo 6:15-7:30 am Brandon 6:15-7:30 am</p> <p>FOOTBALL UPPER BODY 6:15-7:30 am</p> | <p>26</p> <p>LAST DAY FOR STUDENTS EXAMS EARLY RELEASE</p> <p>TRACK REGIONAL MEET</p> <p>TRAINERS: None</p> | <p>27</p> <p>TRAINERS: None</p> <p>FRESHMAN FOOTBALL 11 am - 12 pm (Freshman Coaches)</p> |
| 28 | <p>29</p> <p>MEMORIAL DAY</p> <p>SUMMER PROGRAMS BEGIN</p> <p>TRAINERS: None</p> | <p>30</p> | <p>31</p> | | | |

