

# 2022-23 ANDERSON HIGH SCHOOL WINTER 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](#).

| <span style="float: left;">◀ September</span> <span style="font-size: 1.2em; font-weight: bold;">October 2022</span> <span style="float: right;">November ▶</span> |  |   |  |   |   |  |
|--|--|---|--|---|---|--|
| Sun  | Mon  | Tue   | Wed  | Thu   | Fri   | Sat  |
| 16   | 17   | 18  | 19   | 20  | 21  | 22   |
| 23   | 24   | 25  | 26   | 27  | 28  | 29   |
|  | <p><i>TRAINERS:</i><br/>Szabo 6:15-7:15 am</p> <p><b>Varsity Football</b><br/>6:15-7:15 am</p> | <p><i>TRAINERS:</i><br/>Szabo 3-5 pm<br/>Brandon 3-4:30 pm</p> <p><b>Boys &amp; Girls Off-Season</b><br/>3-4:30 pm</p> <p><b>Girls Basketball</b><br/>3-3:45 pm</p> <p><b>Varsity Boys Soccer</b></p> | <p><i>TRAINERS:</i><br/>Szabo 6:15-7:15 am</p> <p><b>Varsity Football</b><br/>6:15-7:15 am</p> | <p><i>TRAINERS:</i><br/>Szabo 3-5 pm<br/>Brandon 3-3:30 pm</p> <p><b>Boys &amp; Girls Off-Season</b><br/>3-4:30 pm</p> <p><b>Girls Basketball</b><br/>3-3:30 pm</p> | <p><i>TRAINERS:</i><br/>Szabo 3-4 pm<br/>Brandon 3-4 pm</p> <p><b>Boys Basketball &amp; Swim/Dive</b><br/>Begins</p> <p><b>Boys &amp; Girls Off-Season</b><br/>3-4 pm</p> | <p>GIRLS BASKETBALL SCRIMMAGE</p> <p><i>TRAINERS:</i><br/>Brandon 10-11 am</p> <p><b>Varsity Football</b> 10-11 am</p> |

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|                  |  | <p><b>LIGHT DAY</b><br/>4:15-5 pm</p> <p><b>CHEER</b> 4:15-5 pm</p> |  | <p><b>CHEER</b> 4:15-5 pm</p> |  |  |
| <p><b>30</b></p> | <p><b>31</b></p> <p><b>HALLOWEEN</b></p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am<br/>Brandon 3-4:30 pm<br/>Morency 3-4:30 pm</p> <p><b>VARSIY FOOTBALL</b><br/>6:15-7:15 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>SWIMMING &amp; LONG DISTANCE, DANCE</b> 3-3:45 pm</p> |   |  |                               |  |  |

| Sun             | Mon   | Tue  | Wed  | Thu   | Fri   | Sat   |
|-----------------|---|--|--|---|---|---|
|                 |   | <p><b>1</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-5 pm<br/>Lunn 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>GIRLS BASKETBALL</b><br/>4:15-5 pm</p> <p><b>CHEER</b> 4:15-5 pm</p> | <p><b>2</b></p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am<br/>Granger 3-5:45 pm</p> <p><b>VARSIITY FOOTBALL</b><br/>6:15-7:15 am</p> <p><b>SWIMMING &amp; LONG DISTANCE DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b><br/>3:45-4:30 pm</p> <p><b>VARSIITY/JV BOYS BASKETBALL</b><br/>5-5:45 pm</p> | <p><b>3</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-4:30 pm<br/>Lunn 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>CHEER</b> 3-3:45 pm</p>  | <p><b>4</b></p> <p><b>GYMNASTICS BEGINS</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-5:45 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS</b> 3-4 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b><br/>3:45-4:30 pm</p> <p><b>GIRLS BASKETBALL</b><br/>4:15-5 pm</p> <p><b>VARSIITY/JV BOYS BASKETBALL</b><br/>5-5:45 pm</p> | <p><b>5</b></p> <p>GIRLS BASKETBALL SCRIMMAGE</p> <p><b>TRAINERS:</b><br/>Szabo 10-11 am</p> <p><b>VARSIITY FOOTBALL</b> 10-11 am</p> |
| <p><b>6</b></p> | <p><b>7</b></p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am<br/>Brandon 3-5:45 pm<br/>Morency 3-4:30 pm</p> <p><b>VARSIITY FOOTBALL</b><br/>6:15-7:15 am</p> | <p><b>8</b></p> <p><b>NO SCHOOL - TEACHER PD</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN</b></p>  | <p><b>9</b></p> <p>GIRLS BASKETBALL SCRIMMAGE</p> <p>BOYS BASKETBALL SCRIMMAGE</p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am</p>  | <p><b>10</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-5:45 pm<br/>Lunn 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>CHEER</b> 3-3:45 pm</p> | <p><b>11</b></p> <p><b>WRESTLING BEGINS</b></p> <p><b>TRAINERS:</b><br/>Szabo 3-5 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS</b> 3-4 pm</p>   | <p><b>12</b></p> <p>GIRLS BASKETBALL SCRIMMAGE</p> <p>BOYS BASKETBALL SCRIMMAGE</p> <p><b>TRAINERS:</b><br/>Szabo 10-11 am</p>        |

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|           | <p><b>BOYS &amp; GIRLS OFF-SEASON</b> 3-4:30 pm</p> <p><b>SWIMMING &amp; LONG DISTANCE, DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b> 3:30-4:20 pm</p> <p><b>Varsity/JV BOYS BASKETBALL</b> 5-5:45 pm</p>   | <p><b>WORKOUTS</b> 3-4:30 pm</p> <p><b>GYMNASTICS</b> 3-3:45 pm</p>  | <p><i>Granger</i> 3-3:45 pm</p> <p><b>Varsity FOOTBALL</b> 6:15-7:15 am</p> <p><b>SWIMMING &amp; LONG DISTANCE, DANCE</b> 3-3:45 pm</p>  | <p><b>FRESHMAN BOYS BASKETBALL</b> 3:30-4:20 pm</p> <p><b>Varsity/JV BOYS BASKETBALL</b> 5-5:45 pm</p>  | <p><b>GYMNASTICS</b> 3-3:45 pm</p> <p><b>GIRLS BASKETBALL</b> 4:15-5 pm</p>  | <p><b>Varsity FOOTBALL</b> 10-11 am</p>   |
| <b>13</b> | <p><b>14</b></p> <p>GIRLS BASKETBALL SCRIMMAGE</p> <p><i>Trainers: Szabo</i> 6:15-7:15 am<br/><i>Brandon</i> 3-5:45 pm<br/><i>Morency</i> 3-4:30 pm</p> <p><b>Football</b> 6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b> 3-4:30 pm</p> <p><b>SWIMMING, LONG DISTANCE, DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b> 3:30-4:20 pm</p> <p><b>Varsity/JV BOYS</b></p> | <p><b>15</b></p> <p><i>Trainers: Szabo</i> 3-5 pm<br/><i>Lunn</i> 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b> 3-4:30 pm</p> <p><b>GYMNASTICS</b> 3-3:45 pm</p> <p><b>CHEER</b> 4:15-5 pm</p> | <p><b>16</b></p> <p><i>Trainers: Szabo</i> 6:15-7:15 am<br/><i>Granger</i> 3-5:45 pm</p> <p><b>Football</b> 6:15-7:30 am</p> <p><b>WRESTLING, SWIMMING, LONG DISTANCE, DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b> 3:45-4:30 pm</p> <p><b>GIRLS BASKETBALL</b> 4:15-5 pm</p> <p><b>Varsity/JV BOYS BASKETBALL</b> 5-5:45 pm</p> | <p><b>17</b></p> <p>BOYS BASKETBALL SCRIMMAGE</p> <p><i>Trainers: Szabo</i> 3-4:30 pm<br/><i>Lunn</i> 3-4:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b> 3-4:30 pm</p> <p><b>CHEER</b> 3-3:45 pm</p> | <p><b>18</b></p> <p>GIRLS BASKETBALL GAME</p> <p><i>Trainers: Szabo</i> 3-4 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS</b> 3-4 pm</p> <p><b>GYMNASTICS</b> 3-3:45 pm</p> | <p><b>19</b></p> <p>BOYS BASKETBALL SCRIMMAGE</p> <p>SWIM MEET</p> <p><i>Trainers: Szabo</i> 10-11 am</p> <p><b>Varsity FOOTBALL</b> 10-11 am</p> |

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|           | <b>BASKETBALL</b><br>5-5:45 pm  |  |  |  |  |   |
| <b>20</b> | <b>21</b><br><br><b>TRAINERS:</b><br><i>Brandon 3-5:45 pm</i><br><i>Morency 3-4:30 pm</i><br><br><b>BOYS &amp; GIRLS</b><br><b>OFF-SEASON</b><br>3-4:30 pm<br><br><b>WRESTLING,</b><br><b>SWIMMING,</b><br><b>LONG</b><br><b>DISTANCE,</b><br><b>DANCE 3-3:45 pm</b><br><br><b>FRESHMAN</b><br><b>BOYS</b><br><b>BASKETBALL</b><br>3:30-4:20 pm<br><br><b>GIRLS</b><br><b>BASKETBALL</b><br><b>LIGHT DAY</b><br>4:15-5 pm<br><br><b>VARSITY/JV</b><br><b>BOYS</b><br><b>BASKETBALL</b><br>5-5:45 pm | <b>22</b><br><br><b>Lunn Vacation</b><br><br>GIRLS<br>BASKETBALL<br>GAME<br><br><b>TRAINERS:</b><br><i>Szabo 3-5 pm</i><br><br><b>BOYS &amp; GIRLS</b><br><b>OFF-SEASON</b><br>3-4:30 pm<br><br><b>GYMNASTICS</b><br>3-3:45 pm<br><br><b>CHEER</b> 4:15-5 pm | <b>23</b><br><br><b>NO SCHOOL</b><br><br>BOYS<br>BASKETBALL<br>SCRIMMAGE<br><br><b>TRAINERS:</b><br><i>Szabo 9-10:30 am</i><br><br><b>WRESTLING,</b><br><b>LONG</b><br><b>DISTANCE,</b><br><b>DANCE 9-9:45 pm</b><br><br><b>GIRLS</b><br><b>BASKETBALL</b><br><b>&amp; SWIMMING</b><br>9:45-10:30 am | <b>24</b><br><br><b>NO SCHOOL</b><br><br><b>TRAINERS:</b><br><i>None</i> | <b>25</b><br><br><b>NO SCHOOL</b><br><br><b>TRAINERS:</b><br><i>None</i> | <b>26</b><br><br>GIRLS<br>BASKETBALL<br>GAME<br><br><b>TRAINERS:</b><br><i>None</i> |

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| 27 | <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am<br/>Brandon 3-5:45 pm<br/>Morency 3-4:30 pm</p> <p><b>FOOTBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>WRESTLING, SWIMMING, LONG DISTANCE, DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b><br/>3:30-4:20 pm</p> <p><b>Varsity/JV BOYS BASKETBALL</b><br/>5-5:45 pm</p> | 28 | <p><b>TRAINERS:</b><br/>Brandon 6:15-7:30 am<br/>Szabo 3-5 pm<br/>Lunn 3-4:30 pm</p> <p><b>FOOTBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>GYMNASTICS</b><br/>3-3:45 pm</p> <p><b>GIRLS BASKETBALL</b><br/>4:15-5 pm</p> <p><b>CHEER</b> 4:15-5 pm</p> | 29 | <p><b>BRANDON VACATION</b></p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:15 am<br/>Granger 3-5:45 pm</p> <p><b>FOOTBALL</b><br/>6:15-7:30 am</p> <p><b>SWIMMING, LONG DISTANCE, DANCE</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b><br/>3:45-4:30 pm</p> <p><b>Varsity/JV BOYS BASKETBALL</b><br/>5-5:45 pm</p> | 30 |  |
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|----------------------|------------|------------|------------|------------|------------|------------|
| <b>December 2022</b> |            |            |            |            |            |            |
| ◀ November           |            |            |            |            |            | January ▶  |
| <b>Sun</b>           | <b>Mon</b> | <b>Tue</b> | <b>Wed</b> | <b>Thu</b> | <b>Fri</b> | <b>Sat</b> |

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|                 |   |   |  | <p><b>1</b></p> <p><b>BRANDON VACATION</b></p> <p>GIRLS BASKETBALL GAME</p> <p><i>TRAINERS: Szabo 6:15-7:30 am &amp; 3-4:30 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</b></p> <p><b>CHEER 3-3:45 pm</b></p>            | <p><b>2</b></p> <p><b>BRANDON VACATION</b></p> <p>BOYS BASKETBALL GAME</p> <p><i>TRAINERS: Szabo 3-5 pm</i></p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS 3-4 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p> <p><b>GIRLS BASKETBALL 4:15-5 pm</b></p> | <p><b>3</b></p> <p>SWIM MEET</p> <p><b>BRANDON VACATION</b></p> <p><i>TRAINERS: None</i></p>           |
| <p><b>4</b></p> | <p><b>5</b></p> <p>GIRLS BASKETBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:15 am &amp; 3-4:30 pm Morency 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> <p><b>WRESTLING, SWIMMING, LONG</b></p> | <p><b>6</b></p> <p>BOYS BASKETBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-5 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p> | <p><b>7</b></p> <p><i>TRAINERS: Szabo 6:15-7:15 am Granger 3-5:45 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>WRESTLING, SWIMMING, LONG DISTANCE, DANCE 3-3:45 pm</b></p> <p><b>FRESHMAN BOYS BASKETBALL 3:45-4:30 pm</b></p> | <p><b>8</b></p> <p>GIRLS BASKETBALL GAME</p> <p><i>TRAINERS: Brandon 6:15-7:30 am Szabo 3-4:30 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> <p><b>CHEER 3-3:45 pm</b></p> | <p><b>9</b></p> <p>BOYS BASKETBALL GAME</p> <p><i>TRAINERS: Szabo 3-4 pm</i></p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS 3-4 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p>   | <p><b>10</b></p> <p>BOYS BASKETBALL GAME</p> <p>GIRLS BASKETBALL GAME</p> <p><i>TRAINERS: None</i></p> |

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|           | <p><b>DISTANCE, DANCE 3-3:45 pm</b></p>  | <p><b>CHEER 4:15-5 pm</b></p> <p><b>GIRLS BASKETBALL 4:15-5 pm</b></p>   | <p><b>VARSAITY/JV BOYS BASKETBALL 5-5:45 pm</b></p>   |   |  |  |
| <b>11</b> | <p><b>12</b></p> <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:30 am<br/>Brandon 3-4:30 pm<br/>Morency 3-4:30 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</b></p> <p><b>WRESTLING, SWIMMING, LONG DISTANCE, DANCE 3-3:45 pm</b></p> | <p><b>13</b></p> <p><b>EXAMS</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:30 Szabo 3-5 pm<br/>Lunn 3-4:30 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p> <p><b>CHEER 4:15-5 pm</b></p> <p><b>GIRLS BASKETBALL 4:15-5 pm</b></p> | <p><b>14</b></p> <p>SWIM MEET</p> <p><b>EXAMS</b></p> <p><b>TRAINERS:</b><br/>Szabo 6:15-7:30 am &amp; 11:30 am-12:15 pm &amp; 2-2:45 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>WRESTLING, LONG DISTANCE, DANCE 11:30-12:15 pm</b></p> <p><b>BOYS BASKETBALL 2-2:45 pm</b></p> | <p><b>15</b></p> <p><b>EXAMS</b></p> <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Brandon 6:15-7:15 am Szabo 11:30 am-1 pm<br/>Lunn 11:30 am-1 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 11:30 am-1 pm</b></p> <p><b>CHEER &amp; SWIMMING 11:30-12:15 am</b></p> | <p><b>16</b></p> <p><b>EXAMS</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Szabo 11:30 am-12:30 pm</p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS 11:30-12:30 pm</b></p> <p><b>GYMNASTICS 11:30 am-12:15 pm</b></p> <p><b>GIRLS BASKETBALL 11:30-12:15 pm</b></p> | <p><b>17</b></p> <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/>Szabo 10-10:45 am</p> <p><b>BOYS BASKETBALL 10-10:45am</b></p> |



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| <p><b>18</b></p> <p>BOYS &amp; GIRLS<br/>OFF-SEASON<br/>CAN WORK<br/>OUT WITH ANY<br/>TEAM OVER<br/>CHRISTMAS<br/>BREAK</p> | <p><b>19</b></p> <p>NO SCHOOL</p> <p>GIRLS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>Szabo 7:45-<br/>10:30 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p> <p>SWIMMING,<br/>LONG<br/>DISTANCE,<br/>DANCE &amp;<br/>CHEER &amp;<br/>GIRLS<br/>BASKETBALL<br/>9:45-10:30 am</p> | <p><b>20</b></p> <p>NO SCHOOL</p> <p>BOYS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>Szabo 7:45-9<br/>am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p>                       | <p><b>21</b></p> <p>NO SCHOOL</p> <p>GIRLS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>Szabo 7:45-<br/>11:45 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p> <p>WRESTLING 9-<br/>9:45 am</p> <p>SWIMMING,<br/>LONG<br/>DISTANCE,<br/>DANCE &amp;<br/>CHEER 9:45-<br/>10:30 am</p> <p>BOYS<br/>BASKETBALL<br/>10:30-11:15 am</p> | <p><b>22</b></p> <p>NO SCHOOL</p> <p>SZABO<br/>VACATION</p> <p>TRAINERS:<br/>Brandon 7:45-9<br/>am<br/>Lunn 9:45-<br/>10:30 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p> <p>GIRLS<br/>BASKETBALL<br/>9:45-10:30 am</p> | <p><b>23</b></p> <p>NO SCHOOL</p> <p>SZABO<br/>VACATION</p> <p>BOYS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>None</p>  | <p><b>24</b></p> <p>SZABO<br/>VACATION</p> <p>TRAINERS:<br/>None</p> |
| <p><b>25</b></p> <p>BOYS &amp; GIRLS<br/>OFF-SEASON<br/>CAN WORK<br/>OUT WITH ANY<br/>TEAM OVER<br/>CHRISTMAS<br/>BREAK</p> | <p><b>26</b></p> <p>NO SCHOOL</p> <p>SZABO &amp; LUNN<br/>VACATION</p> <p>TRAINERS:<br/>None</p>   | <p><b>27</b></p> <p>SWIM MEET</p> <p>NO SCHOOL</p> <p>SZABO &amp; LUNN<br/>VACATION</p> <p>TRAINERS:<br/>Brandon 7:45-<br/>11 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p> | <p><b>28</b></p> <p>NO SCHOOL</p> <p>SZABO &amp; LUNN<br/>VACATION</p> <p>TRAINERS:<br/>Brandon 7:45-<br/>11:15 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN<br/>BASEBALL<br/>7:45-9 am</p> <p>SWIMMING,<br/>LONG<br/>DISTANCE,</p>  | <p><b>29</b></p> <p>NO SCHOOL</p> <p>LUNN<br/>VACATION</p> <p>BOYS<br/>BASKETBALL<br/>GAME</p> <p>GIRLS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>Szabo 7:45-9<br/>am</p>  | <p><b>30</b></p> <p>NO SCHOOL</p> <p>LUNN<br/>VACATION</p> <p>BOYS<br/>BASKETBALL<br/>GAME</p> <p>TRAINERS:<br/>Szabo 8-9 am</p> <p>FOOTBALL &amp;<br/>UPPER-<br/>CLASSMEN</p> | <p><b>31</b></p> <p>TRAINERS:<br/>None</p>                           |

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|--|--|---|--|---|-----------------------|--|
|  |  | FRESH BOYS<br>BASKETBALL<br>10:30-11 am | DANCE &<br>CHEER &<br>GIRLS<br>BASKETBALL<br>9:45-10:30 am<br><br>BOYS<br>BASKETBALL<br>10:45-11:15 am | FOOTBALL &<br>UPPER-<br>CLASSMEN<br>BASEBALL<br>7:45-9 am | BASEBALL<br>7:45-9 am |  |
|--|--|---|--|---|-----------------------|--|

| January 2023 |                                    |  |   |  |  |   |
|--------------|------------------------------------|--|---|--|--|---|
| ◀ December   |                                    |  |   |  |  | February ▶  |
| Sun          | Mon                                | Tue  | Wed   | Thu  | Fri  | Sat   |
| 1            | 2                                  | 3  | 4   | 5  | 6  | 7   |
|              | NO SCHOOL<br><br>TRAINERS:<br>None | NO SCHOOL -<br>TEACHER PD<br><br>BOYS<br>BASKETBALL<br>GAME<br><br>TRAINERS:<br>Brandon 7:45-9<br>am<br>Lunn 3-5 pm<br><br>FOOTBALL &<br>UPPER-<br>CLASSMEN<br>BASEBALL<br>7:45-9 am<br><br>BOYS & GIRLS<br>OFF-SEASON<br>3-4:30 pm<br><br>GYMNASTICS<br>3-3:45 pm | TRAINERS:<br>Szabo 6:15-<br>7:30 am<br>Granger 3-5:45<br>pm<br><br>FOOTBALL &<br>UPPER-<br>CLASSMEN<br>BASEBALL<br>6:15-7:30 am<br><br>SWIMMING,<br>LONG<br>DISTANCE,<br>DANCE 3-3:45<br>pm<br><br>FRESHMAN<br>BOYS<br>BASKETBALL<br>3:45-4:30 pm<br><br>GIRLS<br>BASKETBALL<br>4:15-5 pm | GIRLS<br>BASKETBALL<br>GAME<br><br>SWIM MEET<br><br>TRAINERS:<br>Brandon 6:15-<br>7:30 am<br>Lunn 3-4:30 pm<br><br>FOOTBALL &<br>UPPER-<br>CLASSMEN<br>BASEBALL<br>6:15-7:30 am<br><br>BOYS & GIRLS<br>OFF-SEASON<br>3-4:30 pm<br><br>CHEER 3-3:45<br>pm | BOYS<br>BASKETBALL<br>GAME<br><br>TRAINERS:<br>Szabo 6:15-<br>7:30 am 3-4 pm<br><br>FOOTBALL &<br>UPPER-<br>CLASSMEN<br>BASEBALL<br>6:15-7:30 am<br><br>BOYS & GIRLS<br>OFF-SEASON<br>OPEN<br>WORKOUTS 3-<br>4 pm<br><br>GYMNASTICS<br>3-3:45 pm | GIRLS<br>BASKETBALL<br>GAME<br><br>DANCE<br>COMPETITION<br><br>SWIM MEET<br><br>TRAINERS:<br>None |

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|---|--|--|--|--|---|---|
|   |  | <p>WRESTLING 3-3:45 pm</p> <p>CHEER 4:15-5 pm</p>  | <p>VARSIY/JV BOYS BASKETBALL 5-5:45 pm</p>   |  |   |   |
| <p>8</p> <p>DANCE REGIONALS</p> <p><b>PARENT OBSERVATION WEEK</b></p> | <p>9</p> <p>TRAINERS: Szabo 6:15-7:30 am<br/>Brandon 3-5 pm<br/>Morency 3-4:30 pm</p> <p>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</p> <p>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</p> <p>WRESTLING, SWIMMING, LONG DISTANCE, DANCE 3-3:45 pm</p> <p>FRESHMAN BOYS BASKETBALL 3:30-4:20 pm</p> <p>VARSIY/JV BOYS BASKETBALL 4:30-5 pm</p> | <p>10</p> <p>TRAINERS: Szabo 6:15-7:30 am &amp; 3-5 pm<br/>Lunn 3-4:30 pm</p> <p>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</p> <p>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</p> <p>GYMNASTICS 3-3:45 pm</p> <p>CHEER 4:15-5 pm</p> <p>GIRLS BASKETBALL 4:15-5 pm</p> | <p>11</p> <p>TRAINERS: Brandon 6:15-7:30 am<br/>Granger 3-5:15 pm</p> <p>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</p> <p>WRESTLING, SWIMMING, LONG DISTANCE, DANCE 3-3:45 pm</p> <p>FRESHMAN BOYS BASKETBALL 3:45-4:30 pm</p> <p>VARSIY/JV BOYS BASKETBALL 4:30-5:15 pm</p> | <p>12</p> <p>GIRLS BASKETBALL GAME</p> <p>TRAINERS: Brandon 6:15-7:30 am<br/>Szabo 3-4:30 pm<br/>Lunn 3-4:30 pm</p> <p>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</p> <p>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 3-3:45 pm</p> | <p>13</p> <p>BOYS BASKETBALL GAME</p> <p>TRAINERS: Szabo 3-4 pm</p> <p>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS 3-4 pm</p> <p>GYMNASTICS 3-3:45 pm</p> <p>GIRLS BASKETBALL 3-3:45 pm</p> | <p>14</p> <p>BOYS BASKETBALL GAME</p> <p>GIRLS BASKETBALL GAME</p> <p>SWIM MEET</p> <p>TRAINERS: None</p> |

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|---|---|--|---|---|--|--|
| <p><b>15</b></p> <p>SWIM MEET</p>         | <p><b>16</b></p> <p><b>NO SCHOOL</b></p> <p><b>TRAINERS:</b><br/><i>Szabo 9-11:45 am</i></p> <p><b>LONG DISTANCE 9:45 am</b></p> <p><b>BOYS BASKETBALL 11-11:45 am</b></p>                                | <p><b>17</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>Brandon 6:15-7:30 am Szabo 3-5 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p> <p><b>CHEER 4:15-5 pm</b></p> <p><b>GIRLS BASKETBALL 4:15-5 pm</b></p> | <p><b>18</b></p> <p><b>TRAINERS:</b><br/><i>Szabo 6:15-7:30 am Granger 3-5:15 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>SWIMMING, LONG DISTANCE, DANCE 3-3:45 pm</b></p> <p><b>FRESHMAN BOYS BASKETBALL 3:45-4:30 pm</b></p> <p><b>VARSITY/JV BOYS BASKETBALL 4:30-5:15 pm</b></p> | <p><b>19</b></p> <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>Brandon 6:15-7:30 am Szabo 3-4:30 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON 3-4:30 pm</b></p> <p><b>WRESTLING, 3-3:45 pm</b></p> <p><b>CHEER 3-3:45 pm</b></p> | <p><b>20</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>Szabo 6:15-7:30 am &amp; 3-4 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> <p><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS 3-4 pm</b></p> <p><b>GYMNASTICS 3-3:45 pm</b></p> <p><b>GIRLS BASKETBALL 3-3:45 pm</b></p> | <p><b>21</b></p> <p><b>SZABO VACATION</b></p> <p>DANCE REGIONALS</p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>None</i></p>             |
| <p><b>22</b></p> <p>DANCE COMPETITION</p> | <p><b>23</b></p> <p>GIRLS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>Szabo 6:15-7:30 am Brandon 3-4:30 pm Morency 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p> | <p><b>24</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>Brandon 6:15-7:30 am Szabo 3-5 pm Lunn 3-4:30 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p>   | <p><b>25</b></p> <p><b>TRAINERS:</b><br/><i>Szabo 3-5:15 pm</i></p> <p><b>WRESTLING 3:45 pm</b></p> <p><b>FRESHMAN BOYS BASKETBALL 4-4:45 pm</b></p> <p><b>VARSITY/JV BOYS BASKETBALL 4:30-5:15 pm</b></p>  | <p><b>26</b></p> <p>GIRLS BASKETBALL GAME</p> <p>SWIM MEET</p> <p><b>TRAINERS:</b><br/><i>Brandon 6:15-7:30 am Lunn 3-4 pm</i></p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL 6:15-7:30 am</b></p>  | <p><b>27</b></p> <p><b>SZABO VACATION</b></p> <p>BOYS BASKETBALL GAME</p> <p><b>TRAINERS:</b><br/><i>None</i></p> <p><b>FOOTBALL MAX OUT 6-7 pm (Dreyer)</b></p>   | <p><b>28</b></p> <p><b>SZABO VACATION</b></p> <p>DANCE STATE</p> <p>SWIM ECC MEET</p> <p>BOYS BASKETBALL</p> <p><b>TRAINERS:</b><br/><i>None</i></p> |

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|  | <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>WRESTLING, LONG DISTANCE, SWIMMING, DANCE</b> 3-3:45 pm</p>  | <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>GYMNASTICS</b><br/>3-3:45 pm</p> <p><b>GIRLS BASKETBALL</b><br/>3-3:45 pm</p> <p><b>CHEER</b> 4:15-5 pm</p>  | <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4 pm</p> <p><b>CHEER</b> 3-3:45 pm</p> |  |
| <p><b>29</b></p> <p><b>GIRLS BASKETBALL TOURNNEY DRAW</b></p> <p>DANCE STATE</p> | <p><b>30</b></p> <p>GIRLS BASKETBALL GAME</p> <p><i>TRAINERS:</i><br/>Szabo 6:15-7:30 am<br/>Brandon 3-5:15 pm<br/>Morency 3-4:30 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>WRESTLING, SWIMMING (LIGHT DAY), LONG DISTANCE, DANCE (LIGHT DAY)</b> 3-3:45 pm</p> <p><b>FRESHMAN BOYS BASKETBALL</b><br/>3:45-4:30 pm</p> <p><b>VARSITY/JV BOYS</b></p> | <p><b>31</b></p> <p>BOYS BASKETBALL GAME</p> <p><i>TRAINERS:</i><br/>Brandon 6:15-7:30 am Szabo 3-5 pm<br/>Lunn 3-4:30 pm</p> <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON</b><br/>3-4:30 pm</p> <p><b>CHEER</b> 4:15-5 pm</p> <p><b>GIRLS BASKETBALL</b><br/>4:15-5 pm</p> |  |  |

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|  | <b>BASKETBALL</b><br>4:30-5:15 pm |  |  |
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| February 2023 |     |     |   |   |   |         |  |
|---------------|-----|-----|---|---|---|---------|--|
| ◀ January     |     |     |   |   |   | March ▶ |  |
| Sun           | Mon | Tue | Wed   | Thu   | Fri   | Sat     |  |
|               |     |     | <b>1</b><br><br><b>TRAINERS:</b><br><i>Szabo 6:15-7:30 am</i><br><i>Granger 3-5:15 pm</i><br><br><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br>6:15-7:30 am<br><br><b>SWIMMING (LIGHT DAY), LONG DISTANCE</b><br>3-3:45 pm<br><br><b>FRESHMAN BOYS BASKETBALL</b><br>3:45-4:30 pm<br><br><b>VARSITY/JV BOYS BASKETBALL</b><br>4:30-5:15 pm | <b>2</b><br><br>GIRLS BASKETBALL GAME<br><br><b>TRAINERS:</b><br><i>Brandon 6:15-7:30 am Szabo 3-4:30 pm Lunn 3-4:30 pm</i><br><br><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br>6:15-7:30 am<br><br><b>BOYS &amp; GIRLS OFF-SEASON</b><br>3-4:30 pm | <b>3</b><br><br>BOYS BASKETBALL GAME<br><br><b>TRAINERS:</b><br><i>Szabo 3-4 pm</i><br><br><b>BOYS &amp; GIRLS OFF-SEASON OPEN WORKOUTS</b><br>3-4 pm |         | <b>4</b><br><br>BOYS BASKETBALL GAME<br><br>ECC DANCE & CHEER<br><br><b>TRAINERS:</b><br><i>None</i> |

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|  |  |   |   |   |   |  |
| <b>5</b><br>CHEER REGIONALS<br>BOYS BASKETBALL TOURNNEY DRAW | <b>6</b><br>TRAINERS:<br>Szabo 6:15-7:30 am<br>Brandon 3-4:30 pm<br>Morency 3-4:30 pm<br>FOOTBALL 6:15-7:30 am<br>BOYS & GIRLS OFF-SEASON TESTING 3-4:30 pm<br>WRESTLING, LONG DISTANCE 3-3:45 pm<br>FRESHMAN BOYS BASKETBALL 3:30-4:20 pm | <b>7</b><br>TRAINERS:<br>Brandon 6:15-7:30 am Szabo 3-5 pm<br>Lunn 3-4:30 pm<br>FOOTBALL 6:15-7:30 am<br>BOYS & GIRLS OFF-SEASON TESTING 3-4:30 pm<br>CHEER 4:15-5 pm | <b>8</b><br>GIRLS BASKETBALL TOURNNEY GAME<br>TRAINERS:<br>Szabo 6:15-7:30 am<br>Granger 3-5:15 pm<br>FOOTBALL 6:15-7:30 am<br>WRESTLING, LONG DISTANCE 3-3:45 pm<br>FRESHMAN BOYS BASKETBALL 3:45-4:30 pm<br>VARSITY/JV BOYS BASKETBALL 4:30-5:15 pm | <b>9</b><br>HS CONFERENCES<br>TRAINERS:<br>Brandon 6:15-7:30 am Szabo 3-4:30 pm<br>Lunn 3-4:30 pm<br>FOOTBALL 6:15-7:30 am<br>BOYS & GIRLS OFF-SEASON TESTING 3-4:30 pm | <b>10</b><br>BOYS BASKETBALL GAME<br>SWIMMING SECTIONALS<br>TRAINERS:<br>Szabo 3-4 pm<br>BOYS & GIRLS OFF-SEASON OPEN WORKOUTS 3-4 pm | <b>11</b><br>SWIMMING SECTIONALS<br>TRAINERS:<br>None      |
| <b>12</b>  | <b>13</b><br>TRAINERS:<br>Szabo 6:15-7:30 am<br>Brandon 3-5:15 pm  | <b>14</b><br>TRAINERS:<br>Brandon 6:15-7:30 am Szabo 3-5 pm<br>Lunn 3-4:30 pm   | <b>15</b><br>TRAINERS:<br>Szabo 6:15-7:30 am<br>Granger 3-5:15 pm   | <b>16</b><br>TRAINERS:<br>Brandon 6:15-7:30 am Szabo 3-4:30 pm<br>Lunn 3-4:30 pm  | <b>17</b><br>NO SCHOOL - TEACHER PD<br>BOYS BASKETBALL  | <b>18</b><br>WRESTLING ECC<br>GYMNASTICS CITY CHAMPIONSHIP |

|  |   |  |   |  |                                  |
|--|---|--|---|--|----------------------------------|
| <p><b>Morency 3-4:30 pm</b></p> <p><b>FOOTBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> <p><b>WRESTLING, LONG DISTANCE 3-3:45 pm</b></p> <p><b>Varsity/JV BOYS BASKETBALL 4:30-5:15 pm</b></p> | <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> <p><b>CHEER 4:15-5 pm</b></p> | <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br/>6:15-7:30 am</p> <p><b>WRESTLING, LONG DISTANCE 3-3:45 pm</b></p> <p><b>Varsity/JV BOYS BASKETBALL LIGHT DAY 4:30-5:15 pm</b></p> | <p><b>FOOTBALL &amp; UPPER-CLASSMEN BASEBALL</b><br/>6:15-7:30 am</p> <p><b>BOYS &amp; GIRLS OFF-SEASON CHANGE-UP 3-4:30 pm</b></p> | <p>TOURNEY GAME</p> <p><b>TRAINERS:</b><br/>None</p> | <p><b>TRAINERS:</b><br/>None</p> |
|--|---|--|---|--|----------------------------------|

**PLEASE USE THE SPRING CALENDAR FOR ANY FUTURE DATES.**