

2023 ANDERSON HIGH SCHOOL SUMMER 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 (Boys)** or **Purple (Girls)**
- **If an athlete cannot come to an off-season workout or their scheduled time because of a conflict with their Club/AAU schedules, work, games, etc, they can come to any workout and work with any other team.**
- **Athletes can workout with any team at any time or in the morning or in the evening. The moral of the story is kids can workout whenever they need to and they have no excuse for not doing at least 2 workouts a week.**
- 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 Slots For Fall Sports: (Fall sports take precedence over all other sports)

Football - Monday-Thursday, 6:45-9 am.

Freshman Football - Monday-Thursday 8-9 am

Cross Country (Boys & Girls) - Tuesday & Thursday 8:45-9:30 am. They will lift with the second group of the Girls Off-Season Workouts.

Boys Golf - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Girls Golf - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Boys Soccer - Tuesday & Thursday from 9:30-11 am. On Mondays, they will do a plate workout with their coaches after their open fields.

Girls Soccer -

From 5/30-6/16: Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

From 6/19-7/27: Tuesday & Thursday from 6:30-7:15 before their open fields.

Girls Tennis - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Volleyball - Monday, Tuesday, Thursday from 8-9:30 am after their open gyms.

Workout Slots For Winter Sports:

Boys Basketball - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Girls Basketball - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Boys Bowling - Monday 9:30-10:30 am, Tuesday 9:30-10:30 am or 6:30-7:45 pm, Thursday 9:30-10:30 am or 6:30-7:45 pm. (Warm-Up, Lift, Stretch)

Girls Bowling - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm. (Warm-Up, Lift, Stretch)

Gymnastics - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Wrestling - Mondays 9:30-11 am, Tuesdays, & Thursdays from 10:15-11 am after their open mats. On Monday, they will be at the entire Boys Off-Season workout and then on Tuesdays and Thursdays, they will lift with the second Boys Off-Season group.

Cheer - Tuesdays & Thursdays from 6:30-7:45 pm

Dance - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Workout Slots For Spring Sports:

Baseball - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Softball - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Boys Track - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Girls Track - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Boys Lacrosse - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Girls Lacrosse - Monday 8-9:30 am, Tuesday 8-9:30 am or 6:30-7:45 pm, Thursday 8-9:30 am or 6:30-7:45 pm.

Boys Tennis - Monday 9:30-11 am, Tuesday 9:30-11 am or 6:30-7:45 pm, Thursday 9:30-11 am or 6:30-7:45 pm.

Workout Logistics:

Girls Off-Season/Freshman Football

8:00 Freshman Football Speed & Agility, Girls Off-Season Warm-ups

8:15 Freshman Football Lifts, Girls Off-Season Speed & Agility & Conditioning

8:45 Freshman Football Finisher, Girls Off-Season does Lifting & Bodyweight Functional Exercises

8:50 Freshman Football Stretches

9:00 Freshman Football Done

9:20 Girls Off-Season Stretch

9:30 Girls Off-Season Done

Tuesday/Thursday Girls Off-Season/Cross Country

- 8:00 Girls Off-Season Warm-ups
- 8:15 Girls Off-Season Speed & Agility, & Conditioning
- 8:45 Girls Off-Season and Boys & Girls Cross Country Lift
- 9:20 Everyone Stretches
- 9:30 Everyone is done

Monday, Tuesday, Thursday Boys Off-Season/Wrestling/Bowling

- 9:00 Wrestling Warm-ups with their coaches
- 9:15 Wrestling has open mats
- 9:30 Boys Off-Season & Bowling Warm-ups
- 9:45 Boys Off-Season breaks into two groups (one inside, one outside). Bowling lifts with the first group.
- 10:15 Boys Off-Season switches and Wrestling joins to lift with the second group. Bowling does drills with Coach Dennis.
- 10:50 Everyone Stretches
- 11:00 Everyone is done

June 2023						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29	30	31	1	2	3
	MEMORIAL DAY	TEACHER WORK DAY TRAINERS: None	TRAINERS: Szabo 6:45-9 am Brandon 6:45-9 am	TRAINERS: Szabo 6:45 am - 12 pm & 6:30-7:45 pm Brandon 6:45-9 am Jeff Granger 8-11 am	TRAINERS: Szabo 6:45-9 am Brandon 6:45-9 am	
		FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)	FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am	FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am	FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am	

				<p>GIRLS OFF-SEASON 8-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON 6:30-7:45 pm</p>		
4	<p>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-11 am</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>	<p>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-9 am Heather Morency 8-11 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p>	<p>TRAINERS: Szabo 6:45-9 am Brandon 6:45-9 am</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am</p>	<p>BRANDON VACATION</p> <p>TRAINERS: Szabo 6:45 am - 12 pm Jeff Granger 8-11 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p>	<p>TRAINERS: None</p>	10

		<p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON 6:30-7:45 pm</p>		<p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON 6:30-7:45 pm</p>		
11	12	13	14	15	16	17
	<p>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-11 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>	<p>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-9 am Heather Morency 8-11 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON 6:30-7:45 pm</p>	<p>TRAINERS: Szabo 6:45-9 am Brandon 6:45-9 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p>	<p>GRANGER VACATION</p> <p>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-9 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON 6:30-7:45 pm</p>	<p>GRANGER VACATION</p> <p>TRAINERS: None</p>	<p>GRANGER VACATION</p>

18

GRANGER
VACATION

19

GRANGER
VACATION

TRAINERS:
Szabo 6:45 am - 12 pm

FOOTBALL
6:45-7:45 am

FRESHMAN
FOOTBALL 8-9
am (Freshman
Coaches)

GIRLS OFF-
SEASON 8-9:30
am

BOYS OFF-
SEASON 9:30-
11 am

WRESTLING
10:15-11 am

YOUTH
WORKOUTS
11 am - 12 pm

20

BRANDON &
GRANGER
VACATION

TRAINERS:
Szabo 6:45 am - 12 pm

Heather
Morency 8-11
am
Lunn 6:30-7:45
pm

FOOTBALL
6:45-7:45 am

FRESHMAN
FOOTBALL 8-9
am

GIRLS OFF-
SEASON 8-9:30
am

XCOUNTRY
8:45-9:30 am

BOYS OFF-
SEASON 9:30-
11 am

WRESTLING
10:15-11 am

YOUTH
WORKOUTS
11 am - 12 pm

BOYS & GIRLS
OFF-SEASON
& GIRLS

21

BRANDON &
GRANGER
VACATION

TRAINERS:
Szabo 6:45-9
am

FOOTBALL
6:45-7:45 am

FRESHMAN
FOOTBALL 8-9
am

22

BRANDON
VACATION

TRAINERS:
Szabo 6:45 am - 12 pm
Jeff Granger 8-11 am
Lunn 6:30-7:45
pm

FOOTBALL
6:45-7:45 am

FRESHMAN
FOOTBALL 8-9
am

GIRLS OFF-
SEASON 8-9:30
am

XCOUNTRY
8:45-9:30 am

BOYS OFF-
SEASON 9:30-
11 am

WRESTLING
10:15-11 am

YOUTH
WORKOUTS
11 am - 12 pm

BOYS & GIRLS
OFF-SEASON &
GIRLS
SOCCER 6:30-
7:45 pm

23

BRANDON
VACATION

TRAINERS:
None

24

BRANDON &
MORENCY
VACATION

		SOCCER 6:30-7:45 pm			
25	26	27	28	29	30
BRANDON & MORENCY VACATION	BRANDON & MORENCY VACATION	BRANDON & MORENCY VACATION	BRANDON & MORENCY VACATION	MORENCY VACATION	MORENCY VACATION
	<i>TRAINERS: Szabo 6:45 am - 12 pm</i>	<i>TRAINERS: Szabo 6:45 am - 12 pm Lunn 6:30-7:45 pm</i>	<i>TRAINERS: Szabo 6:45-9 am</i>	<i>TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-9 am Jeff Granger 8-11 am Lunn 6:30-7:45 pm</i>	<i>TRAINERS: None</i>
	FOOTBALL 6:45-7:45 am	FOOTBALL 6:45-7:45 am	FOOTBALL 6:45-7:45 am	FOOTBALL 6:45-7:45 am	
	FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)	FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)	FRESHMAN FOOTBALL 8-9 am	FRESHMAN FOOTBALL 8-9 am	
	GIRLS OFF-SEASON 8-9:30 am	GIRLS OFF-SEASON 8-9:30 am		GIRLS OFF-SEASON 8-9:30 am	
	BOYS OFF-SEASON 9:30-11 am	XCOUNTRY 8:45-9:30 am		XCOUNTRY 8:45-9:30 am	
	WRESTLING 10:15-11 am	BOYS OFF-SEASON 9:30-11 am		BOYS OFF-SEASON 9:30-11 am	
	YOUTH WORKOUTS 11 am - 12 pm	WRESTLING 10:15-11 am		WRESTLING 10:15-11 am	
		YOUTH WORKOUTS 11 am - 12 pm		YOUTH WORKOUTS 11 am - 12 pm	
		BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm		BOYS & GIRLS OFF-SEASON & GIRLS	

				SOCCER 6:30-7:45 pm		
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July 2023						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 TRAINERS: Szabo 6:45 am - 12 pm Brandon 6:45-11 am FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am GIRLS OFF-SEASON 8-9:30 am	4 INDEPENDENCE DAY TRAINERS: None	5 BRANDON VACATION TRAINERS: Szabo 6:45-9 am FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am	6 BRANDON VACATION TRAINERS: Szabo 6:45 am - 12 pm Jeff Granger 8-11 am Lunn 6:30-7:45 pm FOOTBALL 6:45-7:45 am FRESHMAN FOOTBALL 8-9 am	7 BRANDON VACATION TRAINERS: None	8 BRANDON & GRANGER VACATION

	<p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>			<p>GIRLS OFF-SEASON 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm</p>		
<p>9</p> <p>BRANDON & GRANGER VACATION</p> <p>PARENT OBSERVATION WEEK</p>	<p>10</p> <p>GRANGER VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm Brandon 6:45-11 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p>	<p>11</p> <p>GRANGER & MORENCY VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm Brandon 6:45-9 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p>	<p>12</p> <p>GRANGER VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45-9 am Brandon 6:45-9 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p>	<p>13</p> <p>GRANGER VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm Brandon 6:45-9 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON 8-9:30 am</p>	<p>14</p> <p>GRANGER VACATION</p> <p><i>TRAINERS:</i> None</p>	<p>15</p> <p>GRANGER VACATION</p>

	<p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>	<p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm</p>		<p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm</p>		
16	<p>17</p> <p>LUNN VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm Brandon 6:45-11 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p> <p>GIRLS OFF-SEASON TESTING 8-9:30 am</p> <p>BOYS OFF-SEASON TESTING 9:30-11 am</p>	<p>18</p> <p>LUNN VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm & 6:30-7:45 pm Brandon 6:45-9 am Heather Morency 8-11 am</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON TESTING 8-9:30 am</p>	<p>19</p> <p>LUNN VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45-9 am Brandon 6:45-9 am</p> <p>FOOTBALL LOWER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p>	<p>20</p> <p>LUNN VACATION</p> <p><i>TRAINERS:</i> Szabo 6:45 am - 12 pm & 6:30-7:45 pm Brandon 6:45-9 am Jeff Granger 8-11 am Lunn 6:30-7:45 pm</p> <p>FOOTBALL UPPER BODY 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>GIRLS OFF-SEASON TESTING 8-9:30 am</p>	<p>21</p> <p>LUNN VACATION</p> <p><i>TRAINERS:</i> None</p>	<p>22</p> <p>SZABO & LUNN VACATION</p>

	<p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>	<p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON TESTING 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm</p>		<p>XCOUNTRY 8:45-9:30 am</p> <p>BOYS OFF-SEASON TESTING 9:30-11 am</p> <p>WRESTLING 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30-7:45 pm</p>		
23	24	25	26	27	28	29
SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION	SZABO, LUNN, & MORENCY VACATION
	<p>TRAINERS: Brandon 6:45 am -12 pm</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)</p> <p>GIRLS OFF-SEASON CHANGE-UP 8-9:30 am</p> <p>BOYS OFF-SEASON CHANGE-UP 9:30-11 am</p>	<p>TRAINERS: Brandon 6:45 am -12 pm & 6:30-7:45 pm Lunn 6:30-7:45 pm</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)</p> <p>GIRLS OFF-SEASON CHANGE-UP 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p>	<p>TRAINERS: Brandon 6:45-9 am</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)</p>	<p>TRAINERS: Brandon 6:45-9 am & 6:30-7:45 pm Jeff Granger 8-12 am</p> <p>FOOTBALL 6:45-7:45 am</p> <p>FRESHMAN FOOTBALL 8-9 am (Freshman Coaches)</p> <p>GIRLS OFF-SEASON CHANGE-UP 8-9:30 am</p> <p>XCOUNTRY 8:45-9:30 am</p>	<p>TRAINERS: None</p>	

	<p>WRESTLING CHANGE-UP 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p>	<p>BOYS OFF- SEASON CHANGE-UP 9:30-11 am</p> <p>WRESTLING CHANGE-UP 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30- 7:45 pm</p>		<p>BOYS OFF- SEASON CHANGE-UP 9:30-11 am</p> <p>WRESTLING CHANGE-UP 10:15-11 am</p> <p>YOUTH WORKOUTS 11 am - 12 pm</p> <p>BOYS & GIRLS OFF-SEASON & GIRLS SOCCER 6:30- 7:45 pm</p>		
<p>30</p> <p>SZABO VACATION</p>	<p>31</p> <p>FALL SPORTS BEGIN</p>					