

May

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Weightlifting 5-6 3 Man Workout 6-7	7 Open gym 5-7	8 Weightlifting 5-6 3 Man workout 6-7	9 Off	10 Weightlifting 5-6 3 Man workout 6-7	11
12	13 Weightlifting 5-6 3 Man Workout 6-7	14 Off	15 Weightlifting 5-6 3 Man workout 6-7	16 Open gym 5-7	17 Off	18
19	20 Weightlifting 5-6 3 Man Workout 6-7	21 Open gym 5-7	22 Weightlifting 5-6 3 Man workout 6-7	23 Off	24 Weightlifting 5-6 3 Man workout 6-7	25
26	27 Weightlifting 5-6 3 Man workout 6-7	28 Open gym 5-7	29 Weightlifting 5-6 3 Man workout 6-7	30 Off	31 Weightlifting 5-6 3 Man workout 6-7	

June

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weightlifting 5-6 Open Gym 6-7	4 Off	5 Weightlifting 5-6 Practice 6-8	6 Practice 5-8	7 Weightlifting 5-6 Practice 6-8	8 UD Team Camp (Varsity)
9	10 Weightlifting 5-6 Open Gym 6-7	11 Practice 5-8	12 Weightlifting 5-6 3 Man workout 6-7	13 Practice 5-8	14 Weightlifting 5-6 Practice 6-8	15 Shootout (Varsity) Wittenberg
16	17 Weightlifting 5-6 3 Man workout 6-7	18 Practice 5-8	19 Weightlifting 5-6 Practice 6-8	20 Off	21 Weightlifting 5-6 Open gym 6-7	22 Off
23	24 Weightlifting 5-6 Practice 6-8	25 Off	26 Shootout 11AM @Newton (Var & JV) Youth Camp 6-8	27 3 Man Workout 5-6 Youth Camp 6-8	28 Weightlifting 5-6 Youth Camp 6-8	29 Shootout (Varsity)10Am-12:30 AJ-Davis-Linden- McKinlev. Columbus
30						

July

2024

Sunday		Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weightlifting 5-6 3 Man workout 6-7	2 Open gym 5-7	3 Weightlifting 5-6 3 Man workout 6-7	4 Off	5 Off	6
7	8 Weightlifting 5-6 3 Man workout 6-7	9 Open gym 5-7	10 Weightlifting 5-6 3 Man workout 6-7	11 Open gym 5-7	12 Weightlifting 5-6 3 Man workout 6-7	13
14	Monday 15 Weightlifting 5-6 3 Man workout 6-7	16 Open gym 5-7	17 Weightlifting 5-6 3 Man workout 6-7	18 Open gym 5-7	19 Weightlifting 5-6 3 Man workout 6-7	20
21	22 Weightlifting 5-6 3 Man workout 6-7	23 Open gym 5-7	24 Weightlifting 5-6 3 Man workout 6-7	25 Open gym 5-7	26 Weightlifting 5-6 3 Man workout 6-7	27
28	29 Weightlifting 5-6 3 Man workout 6-7	30 Open gym 5-7	31 Weightlifting 5-6 3 Man workout 6-7			

August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Weightlifting 5-6	3
4	5 Weightlifting 5-6	6	7 Weightlifting 5-6	8	9 Weightlifting 5-6	10
11	12 Weightlifting 5-6	13	14 Weightlifting 5-6	15	16 Weightlifting 5-6	17
18	19 Weightlifting 5-6	20	21 Weightlifting 5-6	22	23 Weightlifting 5-6	24
25	26 Weightlifting 5-6	27	28 Weightlifting 5-6	29	30 Weightlifting 5-6	31