

Summer GYM/Indoor Sports Schedule – Summer 2023

JUNE

*Schedule subject to change based on coaches' vacations and gym cleaning schedule.
Sign up for your team's communication tool (Remind/GroupMe/etc.) to stay up to date.*

Questions – Contact the Head Coach – contact info found on the school website under “Athletics” tab.

Anyone participating in workouts MUST be registered on Final Forms in that particular sport for 2023 - 2024, even if your physical has not expired.
See the website for directions on how to register in Final Forms.

Week of May 29 – June 3	29	30	31 BB – 3:45p – 6:00p	1	2	3
Week of June 5 – June 10	5 CH – 7:00a – 8:00a BB – 8:00a – 10:00a WR – 5:30p – 7:30p GB – 6:00p-8:00p	6 CH – 7:00a – 8:00a BB – 8:00a-10:00a WR – 5:30p – 7:30p	7 BB – 7:00a-10:00a WR – 5:30p – 7:30p GB – 6:00p-8:00p	8 CH – 7:00a – 8:00a BB – 8:00a-10:00a WR – 5:30p – 7:30p	9	10
Week of June 12 – 17	12 CH – 7:00a – 8:00a BB – 8:00a-10:00a WR – 5:30p – 7:30p GB – 6:00p-8:00p	13 CH – 7:00a – 8:00a BB – 8:00a-10:00a WR – 5:30p – 7:30p	14 BB – 7:00a-10:00a WR – 5:30p – 7:30p GB – 6:00p-8:00p	15 CH – 7:00a – 8:00a BB – 8:00a-10:00a IG – 1:00p – 4:00p WR – 5:30p – 7:30p	16	17
Week of June 19 – 24	19 VB – 8:00a – 10:00a BB – 12:00p-4:00p WR – 5:30p – 7:30p GB – 6:00p-8:00p	20 BB – 8:00a -10:00a	21 VB – 8:00a – 10:00a BB – 12:00p-4:00p GB – 6:00p-8:00p	22 BB – 8:00a – 10:00a IG – 1:00p – 4:00p	23	24
Week of June 26 – July 1	26 CH – 7:00a – 8:00a VB – 8:00a – 10:00a BB – 12:00p – 4:00p GB – 6:00p-8:00p	27 CH – 7:00a – 8:00a BB – 8:00a-10:00a WR – 5:30p – 7:30p	28 VB – 8:00a – 10:00a BB – 12:00p – 3:00p GB – 6:00p – 8:00p	29 CH – 7:00a – 8:00a BB – 8:00a – 10:00a IG – 1:00p – 4:00p WR – 5:30p – 7:30p	30	

Key

VB = Volleyball
BB = Boys Basketball
GB = Girls Basketball
WR = Wrestling
CH = Cheerleading
IG-Indoor Guard

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July

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Week of June 26 – July 1						1
Week of July 3 - 8	3 VB – 8:00a – 10:00a	4	5 VB – 8:00a – 10:00a	6 IG – 1:00p – 4:00p WR – 5:30p – 7:30p	7	8
Week of July 10 - 15	10 CH – 7:00a – 8:00a VB – 8:00a – 10:00a GB – 6:00p – 8:00p	11 CH – 7:00a – 8:00a BB – 9:00a – 11:00a WR – 5:30p – 7:30p	12 VB – 8:00a – 10:00a BB – 11:00a – 1:00p GB – 6:00p – 8:00p	13 CH – 7:00a – 8:00a BB – 9:00a – 11:00a IG – 1:00p – 4:00p WR – 5:30p – 7:30p	14	15
Week of July 17 - 22	17 CH – 7:00a – 8:00a BB – 9:00a – 11:00a GB – 6:00p – 8:00p	18 CH – 7:00a – 8:00a BB – 9:00a – 11:00a WR – 5:30p – 7:30p	19 BB – 9:00a – 11:00a GB – 6:00p – 8:00p	20 CH – 7:00a – 8:00a BB – 9:00a – 11:00a IG – 1:00p – 4:00p WR – 5:30p – 7:30p	21	22
Week of July 24 - 29	24 CH – 7:00a – 8:00a BB – 9:00a – 11:00a IG – 1:00p – 5:00p GB – 6:00p – 8:00p	25 CH – 7:00a – 8:00a BB – 9:00a – 11:00a IG – 1:00p – 5:00p WR – 5:30p – 7:30p	26 BB – 9:00a – 11:00a IG – 1:00p – 5:00p GB – 6:00p – 8:00p	27 CH – 7:00a – 8:00a BB – 9:00a – 11:00a IG – 1:00p – 5:00p WR – 5:30p – 7:30p	28	29

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**Fall Practices
Begin on
Monday July 31!!!**